

appetite

your guide to a delicious life

Generations of Good Taste

Heirloom recipes with a twist

* Chicken Adobo Kebabs, Chicken and Pork Pochero, Adobong Puti sa Halaan, Binagoongang Lechon Kawali, Laing con Camaron Rebosado

* A Christmas Bread Story

Take your holiday roast to the next level! Make this **Chicken Ham**, page 46

Dig in to festive desserts

Canonigo, Pianono, Ube Mochi Balls, Inutak, Meringue Croquembouche and more!



Metro Gourmet Selections

Ready to serve party platters



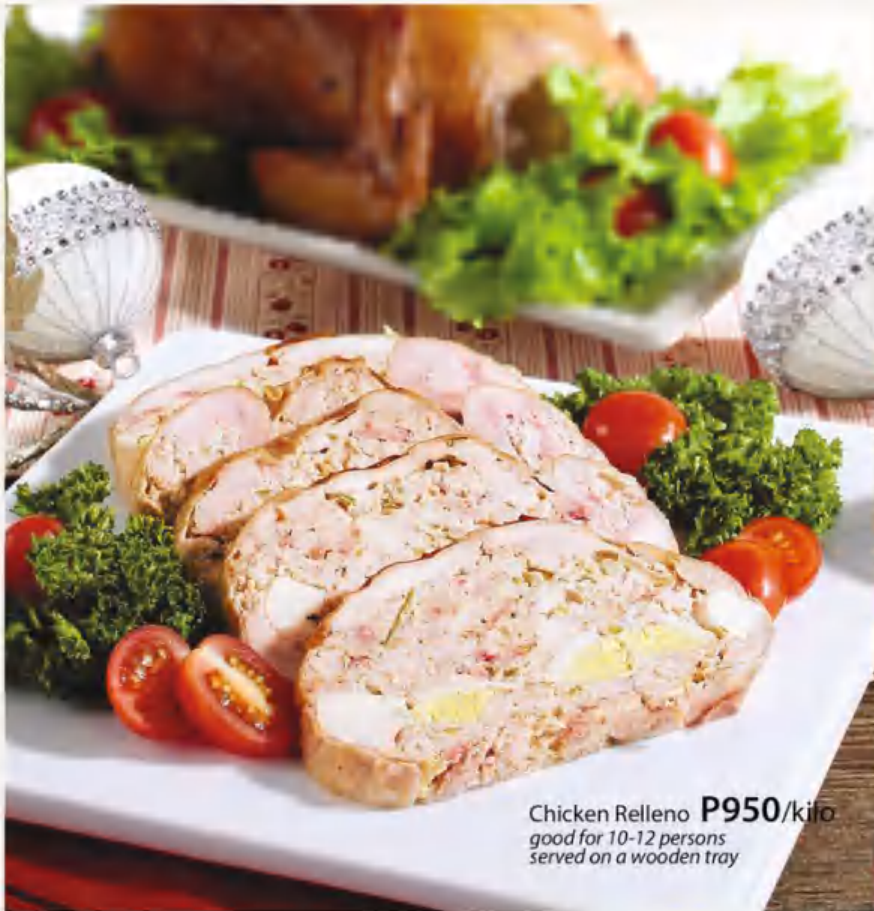
Cheesy Baked Macaroni P650
good for 8-10 persons

Baked Lasagna P1,150
good for 8-10 persons
served on aluminum tin foil with cover



Chicken Galantina P1,390/kilo
good for 10-12 persons
served on a wooden tray

Mini Skewer Platter 36pcs P595
served on a round tray
with cover



Chicken Relleno P950/kilo
good for 10-12 persons
served on a wooden tray



Baby Back Ribs
P1,300/kilo
good for 4-6 persons
served on a wooden tray



Cocktail Platter P990
good for 20 persons
served on a wooden tray



Potato Salad Platter P490
good for 8-10 persons
served on plastic tray with cover

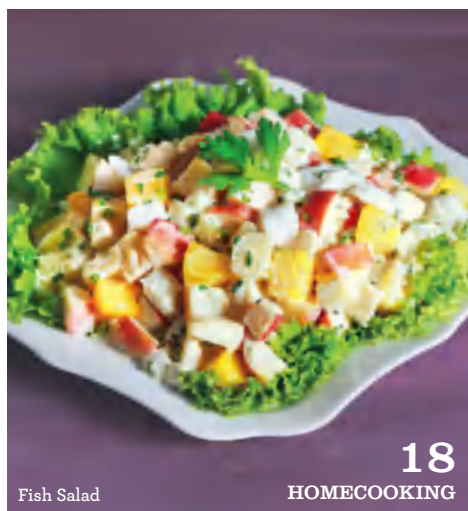


Celebrations
Your guide to holiday gifting
and entertaining 2015


METRO
SUPERMARKET

All items featured in this page are available in Metro Ayala, Metro Alabang and Market! Market! Lapu-Lapu and Bacolod only. For bulk orders, please allow three(3) days lead time.

ER, CEBU • WAGA Leyte: MAASIN Super Metro: COLON • THE DISTRICT NORTHPOINT, TALISAY • LAPU-LAPU • BASAK, SAN NICOLAS • PACIFIC MALL, LUCENA • TOLEDO • BOGO • ANONAS • ANTIPOLO • CARCAR • CALAMBA
DALUYONG • PLAZA 66 NEWPORT, PASAY • LUCKY CHINATOWN, BINONDO • WHOLESALE MART, COLON CEBU



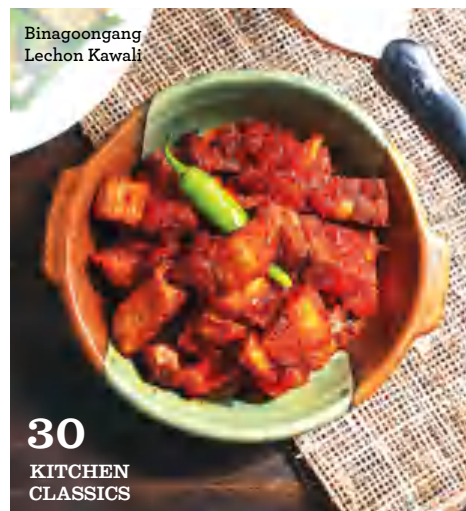
Fish Salad

18
HOMECOOKING



Pipian

26
APPETEAUSE



Binagoongan
Lechon Kawali

30
KITCHEN
CLASSICS



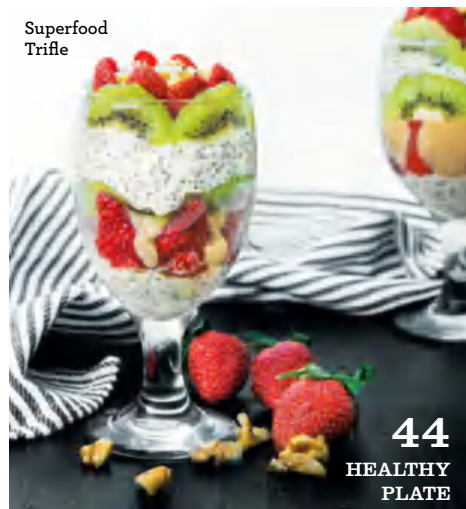
Adobong Puti
sa Halaan

38
LUNCHBOX



Ube Halaya

42
MARKET
MOMMA



Superfood
Trifle

44
HEALTHY
PLATE



46
ON THE COVER
Chicken Ham

Photographed by
Ron Mendoza of Studio 100
Food styling by
Chiqui Lloren of Delight Folio

• DECEMBER 2015 - JANUARY 2016 •

Introduction

- 8 EDITOR'S NOTE
- 10 TEAM PICKS
- 12 TIP OF THE TONGUE
- 14 TOOLKIT

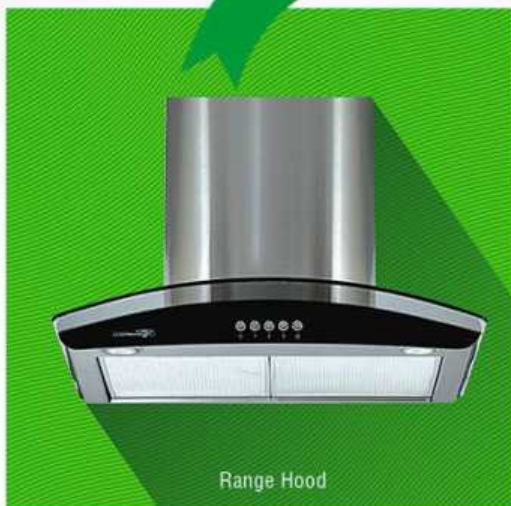
Recipes

- 18 HOMECOOKING
Celine shares four well-loved family recipes from her mother-in-law, Josephine Echazu Lichauco
- 26 APPETEAUSE
Wondering what chefs eat at home? Zaguirre teaches us four recipes he learned from his father
- 30 KITCHEN CLASSICS
Alvin Lim of Serye gives us recipes for Laing con Camaron and Lechon Kawali Binagoongan

- 32 IN SEASON
Got leftover queso de bola? Use some to make a savory dip or cheese popovers!
- 34 HOME PROJECTS
Learn how to make Pateros' unique kakanin, inutak
- 36 SPECIAL RECIPES
Get your family together to bake these Filipino pastries
- 38 LUNCHBOX
Who knew pork and clams make a winning combination for adobo?
- 39 THIRSTY
Love salabat? These two drinks put a new spin on the classic ginger tea

People

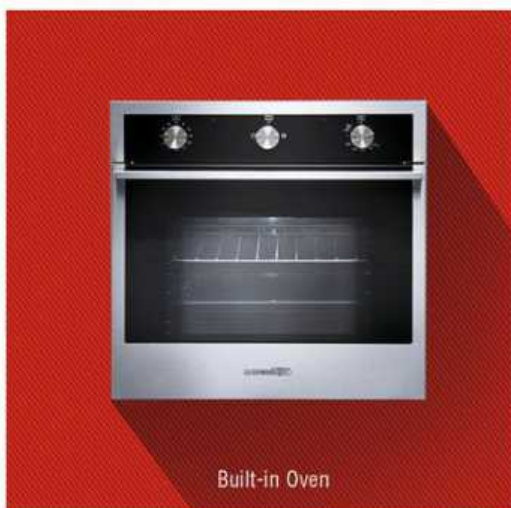
- 42 MARKET MOMMA
Atty. Gaby shares something old and something new with her Ube Halaya and Ube Filled Mochi Balls



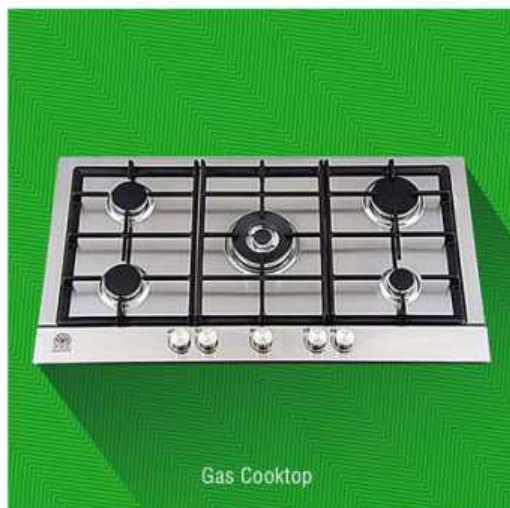
Range Hood



Freestanding Range



Built-in Oven



Gas Cooktop

More Reasons to Celebrate this Holiday Season.



LA GERMANIA

Innovating through Generations!

Visit our Kitchen Gallery

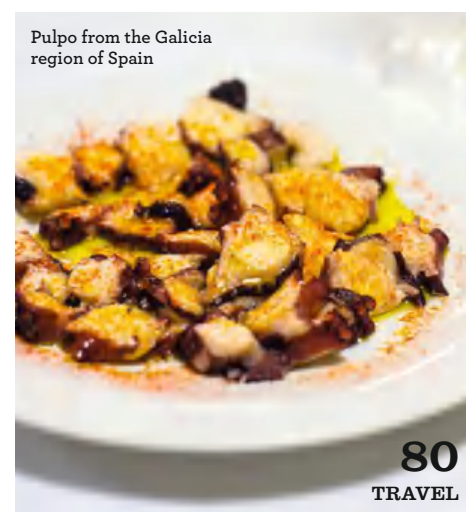
BGC SHOWROOM G/F 32nd and Fifth bldg., 32nd st. corner 5th avenue (across St. Luke's Hospital) Bonifacio Global City, Taguig City Tel No. 697-4502

ALABANG SHOWROOM The Commerce Center East Asia Drive Corner Commerce Avenue Alabang Tel No. 861-3952

MANILA SHOWROOM 250 Escolta St., Corner E.T. Yuchengco St. Binondo, Manila Tel No. 244-6660

CEBU SHOWROOM A.S. Fortuna St., Banilad, Mandaue City, Cebu Tel No. (032) 416-5188

For inquiries, please call 564-1521 to 28. For more information visit: www.lagermania.ph | info@lagermania.ph



- 44 THE HEALTHY PLATE
Wondering where Chef Barni got her kitchen smarts? The Sexy Chef puts a healthy spin on her mom's party recipes
- 46 HOMECOOK ONLINE
Marie cooks up a healthy version of holiday ham—using chicken!
- 48 RECIPE 911
A Kapampangan Chicken and Pork Pochero
- 50 THE SUITE LIFE
Make these Filipino kebabs for your next gathering
- 52 JR. CHEF
Chef David and Sofia's mango canonigo is easy to make yet impressive
- 54 JUST DESSERTS
Chef Patty and Chef Carlo put their own twist on classic Filipino desserts

- 56 FOODBEAT
These two food entrepreneurs share a common advocacy to promote local ingredients

Dining

- 60 RESTAURANT FEATURES
Four great Filipino restaurants to take your family and balikbayan friends to
- 70 RESTO 6
Join Zig as he looks for the best kinilaw in town!

Heart and Home

- 72 THE BITE
Discover the history behind the classic Christmas treat, bibingka galapong
- 74 SPECIAL FEATURE
Jenny F. Orillos uncovers the history behind popular Filipino Christmas breads

- 80 TRAVEL
Join Nina as she explores Cagayan de Oro's vibrant public market, and writer Filomeno S. Sta. Ana III as he goes on a pilgrimage to Santiago de Compostela
- 88 THE FEED
These five holiday hampers are packed with all the good stuff
- 90 FEEDBACK
Find out about Hapag-Asa's mission to feed both the body and soul of Manila's impoverished youth

Finale

- 92 EATLIST
- 94 ALIST
- 94 RECIPE BOX
- 96 I HAVE AN APPETITE
Leni Robredo



Cook like a Chef



with
chef Sheilla Lopez



Serves: 8
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Sapporo Vermicelli Cake

No-Bake Vermicelli Cake

Ingredients:

- 150 grams Sapporo Long Kow Vermicelli (sotanghon), uncooked
- 150 grams Maraschino Cherries, cut into halves
- 100 grams Raisins
- 60 grams Unsalted Butter, softened
- 3/4 cup + 3 tablespoons Granulated White Sugar
- 1 1/2 teaspoons Cinnamon
- 1/2 teaspoon Nutmeg
- 2 teaspoons Vanilla Extract
- 2 1/2 cups Fresh Milk
- 1 cup Evaporated Milk
- 1/2 sachet Knorr Gelatin Powder
- 1/2 cup Fresh Milk

Procedure:

1. Place noodles in a big bowl and pour hot water. Drain and set aside.
2. Heat butter in a medium saucepan over medium heat. Pour in the 2 1/2 cups fresh milk and 1 cup evaporated milk. Stir for 30 seconds.
3. Add the sugar, nutmeg and cinnamon. Stir until the sugar is melted.
4. Put the cherries and raisins, and stir in the vermicelli noodles. Keeping the stove on low heat let the noodles simmer in the milk for 30 minutes. The noodles will absorb all its flavors.
5. Meanwhile, boil 1/2 cup of fresh milk in a small saucepan and add it to gelatin powder in medium bowl; stir for 2 minutes or until completely dissolved. Strain it through fine sieve. Then, add it to the vermicelli mixture, stir until well combined and cook for 5 minutes more. Once the sauce has thickened like pudding, remove from the heat.
6. Pour it into a medium pyrex or baking dish that will allow your vermicelli cake to be about 1 1/2 inches in thickness.
7. Place in the fridge for 3-4 hours to set. Garnish the top with remaining cherries. Cut and serve.

Nutrition Facts

- Calories 544
- Fat 11g
- Protein 15g
- Carbs 96g



low in fat



heart-friendly



rich in antioxidants



energy-boosting



Noodleliciously Healthy
www.sapporoproducts.com.ph

appetite



The Appetite Team at Gerry's Jeepney (p.60) in Maginhawa!

NINA DAZA-PUYAT

EDITOR IN CHIEF

DEPUTY MANAGING EDITOR Angeli De Rivera
ASSOCIATE EDITOR Janelle Año
EDITORIAL ASSISTANT Yllaine Sabenecio

Art

GRAPHIC DESIGNER Regine Paola Velilla
FINAL ARTIST Allen de Guzman

WatchAppetite.ph

MULTIMEDIA EDITOR Jenno Contreras

Special Projects

ART DIRECTOR Kenneth Rivera
COPYWRITER Francesca Pangilinan
Stephanie Puyod
GRAPHIC ARTISTS Mia Catedrilla, EJ Kampitan,
Aerish Sta. Ana
MAKE-UP ARTIST Lynn Niduaaza

COLUMNISTS Idda Aguilar, Chef Barni Alejandro-Rennebeck, Celine Clemente-Lichauco, Atty. Gaby Concepcion, Chef Carlo Estagle, Ann Kuy, Chef Patty Loanzon, Zig Naguiat, Chef Trisha Ocampo, Chef David and Sofia Pardo de Ayala, Marie Pascual

CONTRIBUTORS Rina Caparras, Paul Catiang, Alvin Reyes-Lim, Joy Merryll Ngo, Jenny B. Orillos, Ding Perez, Filomeno S. Sta. Ana III, Yvette Tan

CHEFS Anjo dela Cruz, Mikel Zaguirre

PHOTOGRAPHERS Krizia Cruz, Mike Cuevas, Floyd Jhocson, Grace Juliano, Greg Mayo, Ron Mendoza, Erron Ocampo, John Ocampo, Bryan Tabamo

EDITORIAL ADMIN ASSOCIATE Erica Luna

GROUP ART DIRECTOR Mel Patrick Kasingsing

ASSOCIATE PUBLISHER Wena Manalastas

AVP - CREATIVES Suki Salvador
AND PRODUCTION

Executive Vice President
ARCHIE CARRASCO

Operations

Research & Financial Analyst
SOPHIE MENOR
Admin Associate - Sales & Marketing
ANGELA JACOB

Advertising Sales

Advertising and PR Director RYAN CALMANTE
Advertising Sales Manager
CARMELLI DAET
Senior Sales Supervisor
JAMES CRUZ
Advertising Manager
HERSHEY BARDON

Key Accounts

Key Account Executives BIANCA BERNARDO,
MOI BUSTO, ARVIE DIZON
Sales Implementation Associate
PJ EVANGELISTA

Direct Accounts

Sales and Marketing Supervisor for Fashion and Lifestyle Direct Group
KATHLEEN AMANTE
Senior Direct Account Executive
CHATTIE SALUDO
Direct Account Executives FAYE ABUYO,
COLLEEN ATIENZA, MIKE CABBO, NICOLE VERGARA, FENELLE VICTORIA
Sales Support
Sales Support Supervisor CARMELLI DAET
Advertising Traffic Associate ZHANE MONTEROLA, CARLA MAE JUNIO,
EUNIZEL CARBONELL

Marketing Communications

Marketing Director and Group Publisher
MAITE TAMPARONG-UY
Marketing Communications Manager
DENISE PANTANO
Ad & Promo Associates HOWELL FUERTES,
MARVIN MANCERA, AJ PANTELEON,
JHANE PUEBLO
Public Relations Associate
ANGELA JACOB
Internal Events
Creatives Associate PJ EVANGELISTA
Multimedia Artist JEROME BALUYOT
Copywriter AJ DE LAS ALAS
Events Associates ARRIANE SANCHEZ,
KRISTINE YAN

Digital Media

Digital Content Manager ANNE BERNISCA
Senior Web Developer YASMIN OPLADO
Web Developer PAULA MENDOZA,
JULIEN TAÑADA
Digital Marketing Associate BRIAN MAESTRO
Digital Media Coordinator APRIL SONGCO

Production

Production Supervisor ALLEN DE GUZMAN
Final Artist GEOFFREY JULIAN
Production Traffic Associate HONEY BAGSIC
Quality Control Associate RODEL TUTOR
Quality Control Assistant MC MONTEALEGRE

TV 100

TV Head MICHAEL CARANDANG
Associate Producers MICO ESQUIVEL,
BASCHIA MARIANO
Video Editors JASPER BERMEJO,
MARK LEGASTE
TV Coordinator ARJIE MENDOZA

Studio 100

Senior Photographer ED SIMON
Photographers MIKE CUEVAS, MARK JACOB, RON MENDOZA, JOHN OCAMPO,
YUKIE SARTO, FLOYD JHOCSON
Technical Custodian JR RAMIREZ

Retail 100

OIC LYNN NIDUAZA
Store Associate ANA MARIE MANLULU

Office of the CEO

Senior Executive Assistant AVY LAGARTO
Internal Audit Manager IMELDA LIM
Internal Audit Associate - Systems & Procedure
STEF IGARTA

Human Resources

HR Manager LEECA AUSTRIA
HR Associate - Recruitment RYANA PANLILIO
HR Associate - Employee Relations
MARBY ESLABRA
Payroll Executive KAMELLA MANLULU

Finance

Senior Finance Manager JONAH VACIO
Accounting Manager ALMA ALARCON
Senior Accounting Assistant - Treasury
MAILEEN CAPILITAN
Purchasing Supervisor DENNIS CURITANA
Billing Associate CECILIA TEMPLO
Accounting Analyst WINTER MONEDO
Accounting Assistants KRISTABELLE PERALTA,
CHARKAE CATINDIG
Credit & Collection Manager SHEILA PEREZ
Credit & Collection Assistant MARIVIC BALTAZAR,
CHRISTINE CASTILLO, EMMAN FULLON
Circulation Sales Analyst ELIZABETH ESALA
Collector ASIDELIO ALCANTARA

Administration

Admin Manager ARLENE BUENVIAJE
Motorpool Junior Supervisor ALI MACATANGAY
Admin Assistants PAULA BALDOZ,
MELDIE DIENTE, JOY FLAVIANO
Receptionist AIZA TIONGSON

Logistics

Logistics Manager ARLENE BUENVIAJE
Logistics Assistant MARIEL MORENO
Warehouse Assistant ERWIN NICOLAS
Warehousemen JOHN ARGONZA,
HENRY TAPIT
Drivers / Delivery Staff LARRY DUMALI,
LITO HERNAEZ JR., ROMY JAVIER,
NINO REYES

Library and Information

OIC LEECA AUSTRIA
Library & Information Officer LEANNE TINGSON
Library Assistant JENNIFER SUELA

Information Technology

Software Programmer KEVIN SAMANIEGO

One Mega Group

Founder & CEO SARI V. YAP
Chairman J. TIU

Founding Creative Director
LORRAINE BELMONTE

We'd love to
hear from you!
Write to us!

Send your comments, suggestions,
or your recipe requests to
appetite@onemegagroup.com.
Visit our website: watchappetite.ph. Find us on
facebook.com/appetitemag.
Follow us on twitter.com/appetitemag.

appetite is published monthly by the One Mega Group (OMG): 18/F Strata 100 Bldg., F. Ortigas Jr. Road, Ortigas Center, 1605 Pasig, Metro Manila, Philippines. P.O. Box 12762, Ortigas Center, 1652 Pasig. Tel. Nos. Trunkline (632) 631 2859; Advertising (632) 635 2883; Fax No. (632) 631 2862. Website <watchappetite.ph>. <appetite@onemegagroup.com> Unsolicited manuscripts and photographs must be accompanied by a self-addressed stamped envelope. While every reasonable care will be taken by the editors, no responsibility is assumed for the return of unsolicited material. Opinions expressed in this magazine are solely those of the writers and not necessarily endorsed by OMG. Reproduction of photos and articles in full or part is prohibited, unless permission is secured from the editors.



MADE WITH

JOY

Brazilian joy and quality are the secret ingredients of our products. With this recipe, we add more flavor to your Christmas meal.



TRAMONTINA

tramontina.com.ph



The Golden Age of Filipino Food

“NOONG BATA PA AKO” AND “WHEN I WAS YOUNG” WERE LINES THAT I USED TO HEAR MY PARENTS SAY BEFORE THAT I NOW FIND MYSELF REPEATING TO MY CHILDREN.

It's probably because I've become nostalgic about the past and I can't help but compare the world I grew up in to the way of life experienced by today's generation.

But despite all the advances in technology and communication that have brought about changes in our lifestyle, there are still some things that have remained the same in our country, and I'm proud to say that Filipino cuisine is one of them. Authentic Pinoy food and its inherent flavors—from street food to everyday homecooking to heirloom and fiesta food—have remained intact.

That is not to say that our food has become stagnant. In the last ten years or so, Pinoy food has experienced a phenomenal growth in the way it has branched out into more experimental Filipino dishes, thanks to chefs and homecooks who have become more daring in fusing flavors and techniques. Regional recipes are coming out of the woodwork, once ignored ingredients are getting the spotlight, and innovative food products are being introduced to the market. Suddenly, this renewed interest in Pinoy food here and around the world has created a most exciting and vibrant culinary landscape.

I can't help but remember my late mother Nora Daza, who would have been so proud to see where Filipino food is today. She made great strides in introducing Philippine cuisine to the world via her restaurants *Aux Iles*

Philippines in Paris (1972-1983; 1994-1998) and *Maharlika* restaurant in New York City (1973-1978). Her legacy to some of you may be a recipe from her cookbook *Let's Cook with Nora*, but to me she instilled a great love and passion for Filipino food and culinary culture.

We in *Appetite* are celebrating this season by focusing on family food legacies. Through our magazine, our contributors and columnists share recipes from a previous generation that they in turn want to pass on to the next. But this act is not just about teaching a recipe and transferring a skill; more importantly, it is about instilling in the youth a strong sense of pride in our Filipino roots.

I am also proud to be part of the Philippine Culinary Heritage Movement, a group formed by food enthusiasts who collectively aim to promote and preserve Filipino food and culinary culture. While we pay tribute to the pillars of industry who have helped shape our culinary history, we also recognize the countless others who are doing their bit, one dish at a time, to achieve this goal.

Whether you're a traditionalist or a more experimental cook and diner, remember that you and I have a role to play in Filipino food's coming of age.

Thank you for inviting me into your kitchen! 🍴

Nina
Nina Daza-Puyat
Editor in chief

Follow me on Instagram
@ninadp8 and @appetitemag

Radio and TV host
Anthony Taberna
and wife Roselle at
Ka Tunyng's Café



Hiyas
Restaurant
owner Francis
Harren Maneja
with Executive
Chef Justin
Barreto David



The core group of the Philippine Culinary Heritage Movement led by Chef Jam Melchor discuss the details of the Ang Sarap! Philippine Food Festival Gala on December 8 at the National Museum



If you believe in promoting, preserving, and celebrating Filipino food and culinary culture, join the PCHM. For more information, send us a message on our Philippine Culinary Heritage Movement Facebook page.



KOHLER KITCHENS are globally recognized not only for the extensive range of design styles - from traditional to modern - but for their uncompromising quality. KOHLER is a global leader in the kitchen and bath space known to expertly blend world-class design with functionality.

KOHLER KITCHENS

Luxury at Designo Atelier

A first of its kind, Designo Atelier creates a haven of home elegance and luxury living. See the showrooms of the world's most luxurious and most advanced homebuilding brands and experience what these top of the line products have to offer.

Experience other Luxurious brands:



Call: (02) 437-0249

Email: atelier@designoatelier.com.ph

Website: www.designoatelier.com.ph

135B B11 Green Acropolis Village, Bagumbayan, Quezon City | Wilcon I.T. Hub Building, Pasong Tamo Ext., Makati City





team picks

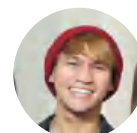
How will you spend your 13th month pay?



NINA DAZA-PUYAT
Editor-in-Chief

I would order a couple of kilos of live lobsters from **Lobsters Manila** for a special Sunday lunch of steamed lobsters with my family. It will be a simple but luxurious spread of fresh lobsters, hot white rice, lots of lemon wedges, drawn butter and flavored salts from Zin.

LOBSTER HOUSE MANILA, YOUR SHORE TO DOOR DELIVERY
(02) 505-1474; (0917) 503-2860



JENNO CONTRERAS
Multimedia Editor

We used the **Moulinex Juicer ZU500800 Infinity Press Revolution Centrifuge** in some of our shoots, and it is absolutely a must-have. This Juicer has 3 tubes where you can put in 3 kinds of fruits, so you can have fun experimenting with it.

AVAILABLE IN DEPARTMENT STORES NATIONWIDE



ANGELI DE RIVERA
Deputy Managing Editor

I would buy myself a red **Le Creuset cast-iron pot**. Not only will it inspire me to cook more but it'll also be a great investment since it's known to last a lifetime.

BACCHUS EPICURIE, POWER PLANT MALL, ROCKWELL DRIVE, COR. ESTRELLA ST., MAKATI CITY
(02) 896-5646



YLLAINE SABENECIO
Editorial Assistant

I would order a cake or two of **Frank & Carol's Chocolate Cake (P800)**: one for myself (I'm sorry for being selfish—it's really good!) and one for my family to try. This cake is very moist, dense, and rich that I still dream about it everyday.

FOR ORDERS CALL (02) 881-2888 OR VISIT WWW.FACEBOOK.COM/FRANKANDCAROLS



REGINE VELILLA
Graphic Designer

Catching up on great food blogs is my favorite hobby. I've been following **Katie Quinn Davies' blog** for years now, but couldn't buy her books then. So this year I'll treat myself to one (or two!) of her books, drool over her #foodporn shots, and maybe try some of her recipes!

KATIE QUINN DAVIES' BOOKS ARE AVAILABLE AT AMAZON.COM



JANELLE AÑO
Associate Editor

I've always been fascinated with tea ceremonies so I'm planning to treat myself to a basic *gongfu* set this Christmas. This **Flower Blossom Tea Set (P2452)** has a *gaiwan*, tea pitcher, filter, and *pinming* cups—everything you need to enjoy an afternoon brewing tea. Of course, this also calls for a tea shopping trip to Binondo!

AVAILABLE IN LAZADA.COM



PINOY ORIGINALS

Pair your ALL-TIME FAVORITE
Pinoy dishes with Datu Puti
Pinoy Originals!

Oh my Okoy!

The delightful crunch of hot, crispy okoy is best complemented with the spicy kick of Datu Puti Pinoy Spice.



You're a magnet, Bagnet!

That crackle in every bite of delicious, crunchy Bagnet is truly enticing, partnered with the sour & sweet Datu Puti Sukang Iloko.



Wow, Inihaw!

The lip-smacking taste of your grilled meats comes alive with the sweet-zesty flavor of our newest offering—Datu Puti Sukang Tagalog!



It's magical, Chicken Inasal!

Feast on the delectable flavors of your Chicken Inasal with the tangy blend of vinegar, garlic, chili peppers, and ginger of Datu Puti Sukang Sinamak!



Want to try them all? Now available, the Datu Puti Pinoy Originals sampler pack that are mini-me versions of the full range! Grab one for yourself or give it as a holiday gift! Available in leading supermarkets.

Follow us!





Which main dishes and desserts do you look forward to eating during the holidays?

Our Appetite columnists tell us...



Marie Pascual
Homecook Online

I look forward to the food that takes me back to my childhood like my *lola's* special *pochero*, made extra flavorful with ham bone, for Christmas day. And for Media Noche, a triple treat of *ensaymada* with grated *queso de bola*, extra thin slices of Chinese leg ham with thick *tsokolate* eh!



Patty Loanzon
Just Desserts

Lengua con champignon was my childhood favorite. My grandmother, Lola Paping Dizon, made the best melt in your mouth *lengua* that has since become my standard. For dessert? No one has just one dessert during Christmas! There has to be *sans rival*, *leche flan*, ice cream and just recently, San Marco cake.



Ann Kuy
Recipe 911

Christmas is a big celebration for our Pampango family. All the preparation and excitement centers on food! There's the annual "silent" contest for the best *ube halaya* among my aunts and my mom. *Noche Buena* won't be complete without *bringhe*, the Pampango paella.



Barni Alejandro
The Healthy Plate

I look forward to my Mom's juicy roast turkey with stuffing and giblet gravy. For dessert, I can't resist having a toasted Mary Grace *ensaymada* served with my *lola's* hot chocolate.



Gaby Concepcion
Market Momma

I'm big on tradition. I like continuity as well as change. Therefore, every Christmas breakfast must have chicken *relleno* the way my mother prepared it, as well as hot chocolate, *ensaymada* and Chinese ham. Welcoming the New Year, however, would not be the same without our recent must haves—cheese fondue, caviar cake, and prawn cocktail.



Idda Aguilar
The Suite Life

For those special holiday nights, I like having perfectly cooked steak served with grilled vegetables and of course, a really good bottle of red wine. For those mornings-after though, grilled leftover ham and *quesong puti pandesal* sandwiches with brewed coffee are a great respite. I also love turning leftover chocolate truffles into homemade chocolate truffle cookies!



Zig Naguiat
Resto 6

Turkey and *crema de fruta* made by our family cooks are probably what I look forward to during the holidays. They remind me why I wanted to be a cook in the first place, hoping to one day make the same smiles on people's faces through my cooking. That, and money.

MAKE IT WONDERFUL

FRANKE

WONDERFULLY
EFFORTLESS



Nothing is ordinary with a FRANKE kitchen system.

It is our sink, faucet, hood, hob and oven that
add a touch of elegance to any kitchen.

And with its exceptional elements,
it forms a kitchen system that is just as efficient
and functional as it is stunning to look at.

Exclusively available at:



www.wilcon.com.ph





toolkit

A Passion for Pottery

LANELLE ABUEVA-FERNANDO SHOWCASES HER LATEST DESIGNS OF PRETTY PLATES AND POTS

Styling by Joy Merryll Ngo

Photographed by Krizia Cruz

Items sourced at Crescent Moon Café and Studio Pottery

Crescent Moon Café and Studio Pottery is located at L. Sumulong Memorial Circle, Sitio Parugan, Dalig, Antipolo, Rizal

1. Round Brown and Green Ceramic Plate - P200
2. Round White and Green Ceramic Plate - P395
3. Round White and Gray Ceramic Plate - P420
4. "Biskwit" Cookie Jar - P950
5. Tea Pot - P850
6. Round Black Ceramic Plate - P290
7. Brown Coffee Mug - P145
8. Espresso Cup and Saucer - P210
9. Round Purple and White Ceramic Plate - P185
10. Round White and Maroon Ceramic Plate - P200
11. Round White and Brown Ceramic Plate - P460
12. Black Half Moon Plate - P350
13. Maroon and White Tray - P450
14. Ceramic Fruit Bowl - P650





**Better for the Heart,
Better for the Budget!**

Conita Rose



Based on Nielsen Retail Index
SERVICE MAT APRIL 2014 - MARCH 2015

- ♥ Lowest in saturated fat
- ♥ Rich in omega 3 and 6
- ♥ Helps reduce the risk of heart disease
- ♥ Contains Vitamin A



JollyHeartMateCanolaOil

www.flyacecorp.com

EXCLUSIVELY PRODUCED FOR:



INDULGE IN QUICK, EASY, AND FLAVORFUL COOKING IN JUST ONE CLICK



SCAN ME



Your ultimate online guide to delicious cooking

#WatchAppetite

f appetitemag

🐦 appetitemag

📺 appetitemag





Recipes

This month, we gathered treasured heirloom recipes from our columnists and restaurateurs. We hope this will inspire you to create your own recipes that you will want to pass on to your kids! Plus, what to do with leftover *queso de bola*, must-try Filipino pastries, a new type of adobo, and more!

homecooking | 18

Fish Salad
Cocido
Chicken in Liver Sauce
Buko Lychee Delight

appetase | 26

Pipian
Inihaw na Pla-Pla sa Gata
Ginisang Gabi at Baboy

kitchen classics | 30

Binagoongang Lechon Kawali
Laing con Camaron
Camaron Rebosado

in season | 32

Ham and Queso de Bola Popovers
Queso De Bola Pimiento Spread

home projects | 34

Inutak

special recipes | 36

Calamansi con Leche Cupcakes
Ube Pianono

lunchbox | 38

Adobong Puti sa Halaan

thirsty | 39

Ginger Lemongrass Iced Tea
Apple Cinnamon Ginger Tea



Family Treasures

SHARING WELL-LOVED HEIRLOOM RECIPES

Recipes by **Celine Clemente-Lichauco**

Food preparation and styling by **Nina Daza-Puyat**

Photographed by **Floyd Jhocson of Studio 100**

Art direction by **Regine Paola Velilla**

FISH SALAD

Makes 8-10 servings

INGREDIENTS:

- | | |
|----------|--|
| 1 | Large <i>lapu-lapu</i> , scaled, gutted and rinsed |
| 2 stalks | Celery, sliced |
| 1 | Carrot, quartered |
| 2-3 | Tomatoes, quartered |
| 1 | Onion, quartered |
| 1 tsp | Rock salt |
| 2 Tbsps | Calamansi juice |
| ¼ cup | Oil |
| | •Water to cover |

SALAD:

- | | |
|----------|---------------------------|
| 3-4 | Apples, diced (with peel) |
| 1 ½ cups | Pineapple chunks, drained |
| ⅔ cup | Chopped spring onions |
| ⅔ cup | Minced celery |
| 1 cup | Mayonnaise |
| | •Salt and sugar, to taste |

PROCEDURE:

1. In a fish pan or wide pot, put the *lapu-lapu*, celery, carrot, tomatoes, and onions. Season with rock salt and calamansi juice. Pour oil and enough water to cover.
2. Bring mixture to a boil and simmer for 10-15 minutes until fish is just done.
3. Remove fish from the stock and set on a plate to cool. Flake fish into large chunks.
4. In a bowl, combine apples, pineapple chunks, spring onions, celery, mayonnaise, and fish. Season with salt and sugar.
5. Cover bowl with plastic wrap and chill in the refrigerator until ready to serve. This dish can be made ahead of time.

Season's Greetings

Iced Mocha
Espresso



Forest Glam



Celebrate this holiday season with our irresistible Forest Glam temptation of soft dark chocolate flakes sprinkled donut topped with cherries & cool icing. Don't forget to complete this merry combo with our Iced Mocha Espresso -- a rich, creamy mocha goodness balanced with a smooth espresso shot. We wish you a wonderfully glam & glazzy holiday!



J.CO
Sharing The J.CO Way



COCIDO

Makes 8-10 servings

INGREDIENTS:

½ kilo	Beef shanks
½ kilo	Pork <i>liempo</i> , sliced
½ kilo	Chicken thighs
	•Ham bones
2	Spanish chorizo, sliced diagonally in 2
2	Bay leaves (<i>laurel</i>)
1	Onion, quartered
5 cloves	Garlic, crushed
1 tsp	Whole black peppercorns
½ tsp	Paprika <i>picante</i>
8 cups	Water
2	Potatoes, peeled and quartered
3	Sweet potato (<i>camote</i>) peeled and quartered
1	Cabbage, quartered
10-15	Baguio string beans
¼ cup	Vegetable oil
4	Saba sliced diagonally into 4

PROCEDURE:

1. In a large pot, put all meats, chicken, ham bones, and chorizo with the onions, bay leaves, peppercorns and paprika *picante*.
2. Pour enough cold water to cover meats and bring to boil. Cover pot, lower heat and simmer. Remove scum (the frothy layer that forms on the surface of the liquid) with a slotted spoon.

3. After 30-45 minutes take out chicken and chorizo. Leave pork to cook a bit longer and when tender, remove and set aside.
4. Continue to simmer until the beef is fork tender, about 3 hours. Remove beef from the stock and set aside.
5. In the same broth, put in the potatoes and sweet potatoes. Add the vegetables, one by one and cook until just done.
6. To serve, return the meat, chicken, and chorizo to the pot. Simmer for another 10 minutes.
7. Arrange the meats and vegetables on a large platter. Serve the soup piping hot. Serve with Tomatada and Eggplant sauce.

NOTE: Keep the meats warm in the broth to prevent meat from drying out.

TOMATADA:

2 Tbsps	Olive oil
4 cloves	Garlic, chopped

1	Medium onion, chopped
1 ½ cups	Tomatoes, blanched, peeled and chopped
2 Tbsps	Tomato paste
1 cup	Broth (beef or chicken)
1 Tbsp	Chopped parsley
	•Salt to taste, and freshly ground black pepper

In a heavy skillet, heat olive oil and sauté garlic and onions for 5 minutes. Add tomatoes and tomato paste, and then simmer for 10-15 minutes. Add broth and parsley, then simmer for another 10-15 minutes. Season with salt and pepper. Transfer to a small bowl.

EGGPLANT SAUCE:

2	Large eggplants, broiled, peeled and chopped
2 cloves	Garlic, minced
2 Tbsps	Extra virgin olive oil
½ cup	Red cane vinegar
½ tsp	Sugar (optional)
	•Salt and pepper to taste

In a mixing bowl, mix mashed eggplants, garlic, olive oil, vinegar, and sugar. Season with salt and pepper. Transfer to a small bowl.



Making Family Meals More Jolly!



Fettuccine a La Carbonara

You can whip this simple yet yummy pasta dish in minutes! It is even made more nutritious and more delicious with the addition of your favorite Jolly Mushrooms!

INGREDIENTS

500 g	Doña Elena Al Dente Fettuccine, cooked
2 cups	Jolly Cow Fresh Milk
3 tbsp	Jolly Heart Mate Canola Oil
3 tbsp	all-purpose flour
100 g	bacon
½ cup	Jolly Mushrooms Pieces and Stems
30 g	grated parmesan cheese
	salt and pepper, to taste

PROCEDURE

1. Sweat bacon in a pre-heated pan. Add oil and Jolly Mushroom Pieces & Stems. Stir fry until the mushrooms are tender.
2. Add flour and cook until it starts to change color.
3. Pour in milk and let it simmer until sauce thickens.
4. Season with salt, pepper and nutmeg.
5. Toss in fettuccine pasta and serve with parmesan cheese.



Creamy Chicken Burger

Try this quick and easy Chicken Burger patties with creamy mushroom gravy! You'll be surprised how amazing a simple burger can get when it is smothered with gravy using Jolly Cream of Mushroom Soup.

PATTY INGREDIENTS

500g	ground chicken
3 tbsp	soy sauce
4 tbsp	chopped onion
1/2 tsp	pepper
2 tsp	dried thyme

MUSHROOM GRAVY INGREDIENTS

2 tbsp	Jolly Heart Mate Canola Oil
1 tbsp	chopped onion
1/2 cup	Jolly Mushrooms Pieces and Stems
1 can	Jolly Cream of Mushroom Soup
1/2 cup	Jolly Cow Fresh Milk
1 tsp	ground pepper

BURGER PATTY PROCEDURE

1. Combine ingredients in a bowl.
2. Get at least 1/4 cup of the mixture, roll into a ball then flatten using your palm.
3. Pan fry the shaped mixture and drain on paper towel to remove excess oil.

MUSHROOM GRAVY PROCEDURE

1. Heat oil. Saute onion and Jolly Mushrooms Pieces and Stems.
2. Add Jolly Cream of Mushroom Soup, milk, salt and ground pepper. Simmer until mixture thickens.
3. Pour over the sauce over the fried patties.



Jolly Eats



jollyeatsPH



jollyeatsPH



jolly.com.ph



CHICKEN IN LIVER SAUCE

Makes 6-8 servings

INGREDIENTS:

- 1 Whole chicken
(about 1.2 -1.5 kilos)
- Juice from 2-3 calamansi
- 1 Tbsp Rock salt

PROCEDURE:

Rinse whole chicken and pat dry. Rub chicken with calamansi juice and rock salt all over. Set aside.

STUFFING:

- ½ cup Minced onions
- ½ cup Chopped celery
- 2 ½ cups Shredded white bread
- ½ cup Evaporated milk
- 2 Tbsps Minced parsley
- 1 tsp Salt
- ¼ tsp Freshly ground black pepper
- 2 Tbsps Butter, left at room temperature

PROCEDURE:

1. In a bowl, mix the onions, celery, bread, evaporated milk, parsley, salt and pepper.
2. Divide the mixture into three parts, forming each portion into balls with your hands. Smear butter into each ball.

Insert the balls of stuffing inside the cavity of the chicken.

3. Preheat oven to 350°F for 15-20 minutes. Wrap the whole chicken completely in aluminum foil. Bake chicken for 45 minutes.
4. Allow chicken to rest for 5-10 minutes and remove foil.
5. Carefully remove stuffing and set aside in a bowl. Cut chicken into serving pieces and set aside.

LIVER SAUCE:

- 6-8 Chicken livers
- 4 Chicken giblets
- 2 cups Water
- Cooked bread stuffing
- 2 Tbsps Butter
- 1 Onion, chopped
- 1 cup Water
- 1 Chicken bouillon cube
- 1 small can Liver spread
- 2 Tbsps Sherry wine

PROCEDURE:

1. Boil chicken livers and giblets in water until tender, about 15-20 minutes.
2. Transfer liver and giblets (including stock) to a blender and purée. Add the bread stuffing to this mixture. Set aside.
3. In a medium saucepan, melt butter and sauté onions. Add blended liver and stuffing mixture to the sautéed mixture.
4. To the liver mixture, add water, chicken bouillon cube, liver spread, and sherry wine. Bring mixture to a boil and turn off heat.
5. Preheat oven to 400°F. Transfer chicken pieces to a baking pan. Pour liver sauce over chicken and return to the oven. Broil chicken in the oven for 5 minutes or until liver sauce is golden brown. Serve hot.



CREAMY TRUFFLED PENNE WITH BACON & MUSHROOM

INGREDIENTS

250g	Doña Elena Al Dente Penne Rigate, cooked according to packaging directions
150g	chicken breast, cubed
2 tbsp	Doña Elena Pure Olive Oil
1 can	Jolly Premium Shiitake Mushroom 198g
3 strips	bacon, sliced
1/4 cup	onion, chopped
1/4 cup	leeks, chopped
1 tbsp	garlic, minced
3/4 cup	chicken stock
250g	cream
1 cup	basil leaves, sliced
1 tsp	white truffle, to taste
	salt and pepper, to taste

PROCEDURE

1. Prepare hot pan with Doña Elena Pure olive oil, sauté chicken over medium-high until cooked through. Set chicken aside.
2. Using the same pan, sauté mushrooms for about 1 minute. Add bacon, onion and garlic until cooked and fragrant.
3. Add chicken stock and cream. Let it simmer for 7 minutes over medium-low heat. Season with salt and pepper to taste.
4. Add chicken pieces and cooked Doña Elena Al Dente Penne Rigate noodles, toss well. Turn off heat and add fresh basil leaves. Drizzle with truffle oil, mix well. Serve hot.

Serves 5



THE
ONLY

Artisan Quality
BRONZE DIE-CUT PASTA



Join us this October as we celebrate the **World Pasta Month** and say... It's Al Dente!
visit www.AlDentePastaMonth.com for more information.

EXCLUSIVELY PRODUCED FOR:



Donaelenacuisineraclub



@DonaElenaCuisineraClub



FLY ACE



BUKO LYCHEE DELIGHT

Makes 12-15 servings

INGREDIENTS:

BUKO GELATIN:

5 envelopes	Knox gelatin
1 can	Lychee, fruits and juice reserved separately
1 ½ cups	Sugar
1 tsp	Salt
4 ½ cups	Buko juice

CREAM MIXTURE:

¾ cup	Buko juice
4-5 cups	Spooned buko meat (from 6-8 buko)
2 (8oz) cans	Thick cream, chilled
½ cup	Sugar

PROCEDURE:

1. Soften 4 envelopes Knox gelatin in 1 cup lychee juice. Add sugar and salt. Set aside.
2. Boil buko juice in a medium saucepan and mix dissolved gelatin mixture into it. Stir until sugar dissolves. Turn off heat.
3. Pour mixture into two shallow trays to allow gelatin to set in the refrigerator.
4. In another small saucepan, mix the remaining envelop of gelatin with remaining ¾ cup of buko juice. Bring to a boil, stirring until gelatin dissolves. Turn off heat and let cool.
5. Using an electric mixer, whip two cans of chilled cream. Add sugar then beat in cooled gelatin.
6. Fold buko meat and lychees into the cream mixture.
7. Take gelatin from the refrigerator and cut into cubes. Pour buko-lychee mixture carefully over the gelatin cubes. Cover bowl with plastic wrap and chill buko-lychee mixture in the refrigerator until ready to serve.



Celine Clemente-Lichauco

Celine Lichauco graduated from the Center for Asian Culinary Studies and received training as a chef in a hotel restaurant. She has ventured into the corporate world as a research and development manager for a famous coffee company. She cultivates her love for cooking and baking by making food for her family and friends.

OF TASTES AND TRADITIONS

Times have changed and modernity has taken a toll on Filipino families. From elaborate preparations and grand measures, we have become more practical when it comes to celebrating the holidays.

THAT IS NOT TO SAY THAT WE HAVE DONE AWAY WITH OUR BELOVED CUSTOMS AND PRACTICES, RATHER, WE HAVE FOUND NEW WAYS TO CELEBRATE CHRISTMAS THAT FIT OUR LIFESTYLES MORE ADEQUATELY. This season, with the rising popularity of bazaars and weekend markets, Filipinos are offered a chance to relive local customary practices as such events resemble that of the good ole days wherein families could head to the festive plaza to enjoy the sights and sounds of the holidays. Among these holiday events is the World Bazaar Festival, an annual charity expo that brings together a wide array of products and pocket events fit for the entire family. After going through booth after booth of unique and rare shopping finds, families can sit down and catch up over a plethora of food selections at Woobie's Food World. After which, they may check out Woobie's Goodies for an array of pinoy holiday treats and specialties that undoubtedly brings forth fond yuletide memories.

Just like everywhere in the world, Christmas in the Philippines calls forth good tidings, cheers, and that innocuous spirit of giving. But what sets pinoy Christmas apart is the great importance it places on good food and family.

Get to taste them treats at the World Bazaar Festival at the World Trade Center, Metro Manila. The event runs December 4-21, 2015, 12NN to 10PM from Mondays to Thursday and 10AM to 12MN from Friday to Sunday.





Tablescapes

CELEBRATING THE LOCAL
FLAVORS OF PAGSANJAN,
LAGUNA

Recipes by **Chef Kel Zaguirre** and **Jonathan Zaguirre**
Photographed by **Mike Cuevas** of **Studio 100**
Art direction by **Regine Paola Velilla**
Sittings editor **Yllaine Sabenecio**

PIPIAN (CHICKEN AND PORK STEW WITH PEANUTS)

Makes 6-8 servings

INGREDIENTS:

3 Tbsps	Cooking oil
1 Tbsp	Annatto seeds (<i>atsuite</i>)
3 Tbsps	Canola oil
¼ kilo	Pork belly, sliced into wide strips
4 Tbsps	Minced garlic
1	Red onion, minced
	•Salt and pepper, to taste
1 ½ cups	Peanuts, coarsely ground
8 cups	<i>Hugas bigas</i> water*
1 whole	Chicken, cut into 10 parts
cup	Finely ground toasted rice (<i>giniling na bigas</i> used for <i>kare-kare</i>)
	• <i>Patis</i> , to taste
	•Pepper, to taste

PROCEDURE:

1. In a small saucepot, heat cooking oil and *atsuite* seeds over medium heat. Turn off heat. Let seeds steep for a few minutes until oil turns bright orange. Strain seeds and set aside.
2. Heat canola oil in a medium saucepot over high heat. Sear pork belly pieces, browning all sides.
3. Add minced garlic and onions and sauté together with the pork. Season with salt and pepper. Add coarsely ground peanuts.
4. Deglaze with *hugas bigas* water. Once simmering, add the chicken. Mix in *atsuite* oil with seeds already strained out.
5. Cook chicken and pork for 30–40 minutes in this mixture. Once chicken and pork are cooked, add the ground toasted rice to thicken the sauce.
6. Season with *patis* and pepper. Serve hot over steamed rice.

*To obtain *hugas bigas* water, wash white rice grains for cooking. Reserve water from the second and third rinse.



INIHAW NA PLA-PLA SA GATA

Makes 5-6 servings

INGREDIENTS:

1 $\frac{2}{3}$ cups	Coconut milk (<i>kakang gata</i>)
2 Tbsps	Fish sauce (<i>patis</i>)
$\frac{1}{3}$ cup	White sugar
1 tsp	Salt
1 $\frac{1}{2}$ Tbsps	Chopped spring onions
1	<i>Siling labuyo</i> , chopped
2 $\frac{1}{2}$ Tbsps	Grated ginger
	•Salt and pepper, to taste
2 (300-400g each)	<i>Pla-pla</i> , cleaned and scaled
	•Chopped leeks, to garnish
	•Fried garlic cloves, to garnish

PROCEDURE:

1. In a mixing bowl, mix *kakang gata*, fish sauce, sugar, salt, spring onions, and chili then stir.
2. In a clean cheese cloth or strainer, squeeze grated ginger to obtain ginger juice. Mix this with the *kakang gata* mixture. Set aside.
3. Prepare a charcoal grill or stove top grill. Line grill with aluminum foil, bigger than the fish. Fold into four sides to make a small rectangular tray.
4. Place a layer of banana leaves on top of the foil. Turn grill on to high heat. When the banana leaf is hot enough, add *pla-pla*.
5. Baste the coconut milk mixture on the *pla-pla* as it cooks, letting the sauce reduce while cooking.
6. Cook the fish for around 15 minutes on one side, and then slowly invert fish to cook the other side.
7. To serve, garnish fish with chopped leeks and top with fried garlic.

TIP

Don't have *pla-pla*?
You can substitute it
with tilapia.



GINISANG GABI AT BABOY

Makes 5-6 servings

INGREDIENTS:

½ kilo	Pork belly, sliced into bits
2 Tbsps	Rock salt
1 Tbsp	Black peppercorns
2	Bay leaves (<i>laurel</i>)
	•Enough water to cover
3 Tbsps	Canola oil
1	Red onion, finely chopped
3 cloves	Garlic, minced
2 Tbsps	Fish sauce (<i>patis</i>)
8 cups	<i>Hugas bigas</i> water*
½ kilo	Gabi, peeled and diced, to make 2 cups
	•Salt and pepper, to taste
	•Chopped spring onions, to garnish

PROCEDURE:

1. In a medium saucepan, put in the pork belly, rock salt, black peppercorns, and *laurel*. Add enough water to cover all the ingredients.
2. Turn up the heat until the water boils. Once the water boils, turn down to medium heat and simmer until pork is fork tender. Strain and set aside the pork. Discard broth or use it for another recipe.
3. Heat canola oil in a large sauté pan over medium heat. Sauté onion and garlic until soft and fragrant.
4. Add softened pork belly. Season with *patis* and stir. Deglaze with *hugas bigas* water.
5. Add *gabi* and let it cook for 20 minutes. Once *gabi* is soft and cooked, mash the pieces until smooth. Sauce should thicken up at this pot because of the starch from the *gabi*.
6. Taste and adjust seasoning with salt and pepper. Transfer to a serving platter then garnish with chopped spring onions and top with *chicharon*. Serve hot.

*To obtain *hugas bigas* water, wash white rice grains for cooking. Reserve water from the second and third rinse.



ADOBONG BAKA SA GATA

Makes 6-8 servings

INGREDIENTS:

1 kilo	Beef short ribs, cut into 2-inch pieces
2 Tbsps	Salt
1 Tbsp	Black peppercorns
2	Bay leaves, divided
	•Enough water to cover beef
3 Tbsps	Canola oil
1 bulb	Garlic, peeled and minced
½ cup	Vinegar
2	Bay leaves (<i>laurel</i>)
1 Tbsp	Black peppercorns
3 cups	Coconut milk (<i>kakang gata</i>)
2 Tbsps	Sugar
	•Salt, to season
1-2	<i>Siling labuyo</i> , chopped

PROCEDURE:

1. In a medium saucepan, put the beef short ribs, salt, peppercorns, and two *laurel* leaves. Add water, making sure to cover all the ingredients. Put on high heat until the water boils.
2. Turn down to medium heat and simmer for 3-3 ½ hours or until beef is fork tender. Strain broth and set beef ribs aside.
3. Place a large sauté pan with oil over medium heat. Sauté garlic until golden brown.
4. Add softened beef short ribs and then stir. Next, add vinegar, remaining laurel, and black peppercorns. Do not mix until vinegar boils.



Chefs Jonathan and Kel Zaguirre

Mikel Zagurre is the acclaimed chef behind Locavore Kitchen and Drinks and FAT. He learned how to cook from his father, Jonathan. These recipes are from his paternal grandfather Greg, who in turn got them from his mother, Catalina.

5. Once all the liquid is boiling, add the *kakang gata*. Stir once in a while. Season with sugar and adjust seasoning with salt.
6. Simmer until coconut milk is reduced and becomes oily. Add *siling labuyo* for added heat, depending on preference. Serve hot.



Family Treasures

ONE OF MANILA'S BEST
FILIPINO RESTAURANTS
SHARES THEIR PRIZED
RECIPES

Recipes by **Alvin Lim of Serye Restaurants**
Photographed by **Floyd Jhocson of Studio 100**
Art direction by **Regine Paola Valilla**
Sittings editor **Yllaine Sabenecio**

BINAGOONGANG LECHON KAWALI

Makes 5-6 servings

INGREDIENTS:

¾ kilo Pork *liempo*
2 Tbsps Rock salt
1/2 tsp Black peppercorns
1 Medium red onion, sliced
• Enough water for braising
• Cooking oil, for deep frying

PROCEDURE:

1. In a medium pot, put pork, rock salt, black peppercorns and sliced onion. Add enough water to cover. Bring up

to a boil over medium heat, cover, then simmer until pork is tender, about 1 hour.

2. While pork is cooking, prepare *binagoongan* sauce.
3. When pork is fork tender, remove the pork from the pot and allow it to cool until skin is dry. Reserve the pork stock for cooking vegetables.
4. Cut pork into ½ inch slices. Heat cooking oil in a *kawali* and fry pork slices until crispy. Drain excess oil.
5. Add the *binagoongan* sauce and sauté with the *lechon kawali* pieces until the pork is well coated with the *bagoong* sauce. Serve hot with sautéed vegetables on the side.

BINAGOONGAN SAUCE:

2 Tbsps Cooking oil
2 cloves Minced garlic
½ Medium red onion, sliced
5 Medium tomatoes, sliced

¼ cup Raw *bagoong alamang*
1 tsp *Atsuete* oil
2 Tbsps White vinegar (*paombong*)
4 tsps White sugar
• Salt and ground black pepper, to taste
1 Finger chili
½ cup Pork stock from boiling the *liempo*

PROCEDURE:

1. Heat oil in a pan. Sauté garlic until light brown. Add sliced onion and sauté until translucent.
2. Add in sliced tomatoes and sauté until wilted.
3. Mix in *bagoong* and mix until raw smell of *bagoong* is removed.
4. Add in vinegar, *atsuete* oil, white sugar, salt, ground black pepper, finger chili, and stock. Bring to a boil then lower fire and simmer until thick.



LAING CON CAMARON

Makes 6-8 servings

INGREDIENTS:

LAING:

3 cups	Coconut milk (<i>gata</i>), second extraction
2 cloves	Garlic, smashed
½	Medium red onion, minced
1 Tbsp	Minced ginger
¼ cup	Ground pork
2 Tbsps	Raw <i>bagoong alamang</i>
2 ¼ cups	Dried <i>gabi</i> leaves
1 ½ cups	Coconut milk (<i>kakang gata</i>), first extraction
½ tsp	Rock salt
1	<i>Siling labuyo</i> , thinly sliced

PROCEDURE:

1. In a pan, combine coconut milk (second extraction), garlic, onion, ginger, ground pork, and *bagoong alamang*. Simmer while stirring from time to time to prevent the *gata* from curdling.
2. Drop in the dried *gabi* leaves. Do not mix until the *gata* is evenly absorbed by the *gabi* leaves. Reduce fire and simmer until *gata* is almost dried up.
3. Add *siling labuyo* and *kakang gata* then bring to a boil. Reduce fire and simmer again until the *kakang gata* is cooked and becomes oily.
4. Serve topped with additional cooked thickened *kakang gata* and *camaron rebosado*.

CAMARON REBOSADO:

6	Large shrimps, shelled and deveined with tail intact
¼ tsp	Rock salt
	•Pinch of ground white pepper
¼ tsp	Sesame oil
1	Egg, beaten
¼ cup	All-purpose flour
½ cup	Japanese bread crumbs
	•Cooking oil, for deep frying

PROCEDURE:

1. Season shrimps with salt, pepper, and sesame oil. Dredge each shrimp in flour, one at a time. Take each shrimp then dip in beaten egg. Roll in Japanese bread crumbs until well-coated.
2. Heat cooking oil in a frying pan over medium heat. Deep fry shrimps until golden and crispy. Drain excess oil and serve immediately on top of *laing*.



Alvin Reyes Lim



in season

Ingredient of the month: QUESO DE BOLA



Cheesy Goodness

QUESO DE BOLA GETS A MAKEOVER WITH THESE INDULGENT TREATS

Recipes by **Chef Trisha Ocampo**

Assisted by **Monica Bayhon**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla**

HAM AND QUESO DE BOLA POPOVERS

Makes 16 pieces

INGREDIENTS:

2	Eggs
1 cup	Fresh milk
3 Tbsps	Unsalted butter, melted
1 cup	All-purpose flour
1 tsp	Salt
¾ cup	Diced ham
¼ cup	Grated queso de bola
¼ cup	Grated parmesan cheese

1 Tbsp **Fresh thyme, minced**
•Cayenne pepper, for dusting

PROCEDURE:

1. Preheat oven to 425°F. In a medium bowl, first whisk together eggs, milk, and melted butter. Add in flour and salt and fold in the ham, queso de bola, parmesan cheese, and thyme until evenly incorporated. Cover and refrigerate for 30 minutes.
2. Put a muffin pan in the middle rack in the oven to warm for 10 minutes.
3. Carefully remove muffin pan from the oven and pour the batter into the cups of the hot tin, filling each well three-fourths to the top. Dust filling with cayenne pepper. Bake the popovers for about 18-20 minutes or until crisp and golden. Serve warm.

HOLIDAY GIFT IDEA

Put a dozen popovers in a basket together with a jar of queso de bola pimiento spread for the perfect potluck treat!



QUESO DE BOLA PIMIENTO SPREAD

Makes 2 cups

INGREDIENTS:

2 cups	Finely grated queso de bola
¼ cup	Butter, melted
¾ cup	Mayonnaise
⅓ cup	Chopped canned pimiento
¼ cup	Condensed milk
¼ cup	Evaporated milk

PROCEDURE:

In a mixing bowl, mix all the ingredients until well-incorporated. Chill in the refrigerator until ready to serve. Spread on top of crackers, toasted bread, or crostini.



Chef Trisha Ocampo

Chef Trisha Ocampo is a chef instructor for Center for Culinary Arts, where she does cooking demos and develops recipes for the school. She is also in charge of the Little Chef's Boot Camp. She studied at Le Cordon Bleu College of Culinary Arts and has worked for various restaurants both here and abroad.



Thoughts on Inutak

LEARN HOW TO MAKE THIS UNIQUE KAKANIN FROM PATEROS

Recipe by **Ding Perez**
Photographed by **Greg Mayo**
Art direction by **Janelle Año**

INUTAK

Makes 5-6 servings

INGREDIENTS:

- 3 Medium-sized *niyog* (mature coconut), grated
- 6 cups Water
- 2 cups *Dinorado* (regular rice)
- 2 cups *Malagkit* (glutinous rice) or *pirurutong* (glutinous heirloom mountain rice)
- 2 cups White sugar
- Cheese, ube, mango, or mantecado ice cream (optional)



- 1 Extract the *kakang gata* by squeezing the grated coconut. Set aside. Mix the same grated coconut meat with two cups water and extract the rest of the coconut milk (2nd extraction). Set aside.



- 2 Combine the *dinorado* (regular rice) and *malagkit* (glutinous rice) or *pirurutong* (glutinous heirloom mountain rice). Then, add the remaining 4 cups of water. Let soak for 30 minutes before grinding.



- 3 Grind the rice finely using a blender to make *galapong* (rice paste).



- 4 In a large wok, cook the *galapong* with the coconut milk (2nd extraction) and sugar, stirring constantly in medium heat for about 15-20 minutes or until well incorporated and the mixture has a smooth consistency.



- 5 Pour the cooked mixture into oven safe containers. Top each filled container with a thin layer of *kakang gata*.



- 6 Broil in the oven for about 12-15 minutes or until the coconut cream is scorched.



- 7 Serve the *inutak* warm with native ice cream on top of every portion.

TIP

You can substitute the *malagkit* with *pirurutong* since both varieties result in a sticky texture when cooked. *Pirurutong* gives the *inutak* a deeper purple color.



Season's Sweets

LOCAL FLAVORS SHINE WITH
THESE BAKED TREATS

Photos and recipes by **the Maya Kitchen**

CALAMANSI CON LECHE CUPCAKES

Makes 12 cupcakes

INGREDIENTS:

1 ½ cups	MAYA All-Purpose Flour
1 ½ tsp	Baking powder
¼ tsp	Salt
½ cup	Butter
1 cup	Sugar
2	Eggs
3-4 Tbsps	Calamansi juice
½ cup	Buttermilk (or substitute with ½ cup fresh milk + 1 ½ tsp calamansi or lemon juice)

DULCE DE LECHE:

½ cup	Condensed milk
1 cup	Evaporated milk
1	Egg yolk
1 Tbsp	MAYA Cornstarch, sifted
½ tsp	Vanilla extract
1 Tbsp	Butter

PROCEDURE:

1. Preheat oven to 350°F. Line a 3 ounce muffin tin with cupcake liners.
2. In a bowl, mix together flour, baking powder, and salt. Set aside.
3. In a mixer bowl, cream butter and sugar until fluffy then add in eggs one at a time.

4. Mix in the flour mixture alternately with calamansi juice and buttermilk. Continue mixing until smooth. Fill each paper cup with batter until three fourths full and bake for 15-20 minutes or until done. Cool and set aside.
5. Make the dulce de leche: In a sauce pan combine condensed milk, evaporated milk, egg yolk, and cornstarch. Mix until cornstarch is completely dissolved. Cook over medium heat, stirring constantly until thick.
6. Remove from heat and stir in butter and vanilla until well-incorporated. Once cooled, pipe dulce de leche on top of cupcakes.



UBE PIANONO

Makes 8-10 servings

INGREDIENTS:

CAKE:

1 cup	MAYA All-Purpose Flour
1 ½ tsp	Baking powder
½ tsp	Salt
¼ cup	Sugar
½ tsp	Vanilla extract
¼ cup +	Milk
2 Tbsps	
½ cup	Boiled, mashed, and strained ube or ube jam
4	Egg yolks, slightly beaten
¼ cup	Corn oil
½ cup	Egg whites
½ tsp	Cream of tartar
¼ cup	Sugar
½ tsp	Violet food color (optional)

UBE FROSTING:

½ cup	Butter
½ cup	Confectioners' sugar
¼ cup	Milk
¼ tsp	Violet food color (optional)
½ - ¾ cup	Prepared homemade ube jam or store bought ube jam

PROCEDURE:

1. Preheat oven to 375°F. Grease and line with wax paper a jelly roll pan. Sift flour, baking powder, salt, and sugar into a bowl. Set aside.
2. Mix together vanilla extract, milk, and ube until smooth. Add egg yolks and corn oil. Stir until well-blended. Add this mixture to the sifted ingredients. Mix until smooth.
3. Beat egg whites with cream of tartar until soft peaks form, then gradually add sugar. Beat continuously until stiff but not dry.
4. Fold in the ube mixture. Add violet food color if desired. Pour into prepared pan. Bake in the oven for 25-30 minutes.
5. Using a spatula, loosen the sides of the cake. Invert cake on sugar dusted brown paper and roll tightly while hot. Set aside and cool completely.
6. To make the ube frosting, cream the butter until soft and fluffy. Add sugar alternately with milk and beat continuously until smooth. Tint mixture with violet food color and beat in some ube filling for a more flavorful frosting.
7. To assemble, unroll cooled cake. Spread ube frosting onto the cake and roll again. Cut into 1-inch slices.

TIP

This can be made into a layered cake. Use 9-inch pans instead of a jelly roll pan.



A Different Kind of Adobo

ENJOY THIS WHITE VERSION OF ADOBO MADE WITH CLAMS

Recipe and food styling by **Nina Daza-Puyat**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Regine Paola Velilla**

ADOBONG PUTI SA HALAAN

Makes 6-8 servings

INGREDIENTS:

- | | |
|--------|---|
| 1 kilo | Pork <i>liempo</i> , cut into cubes (adobo cut) |
| 2 | Calamansi, squeezed |

- | | |
|----------|--|
| ¾ Tbsp | Rock salt |
| ½ Tbsp | Black peppercorns, crushed |
| 5 cloves | Garlic, pounded with the peel |
| ½ kilo | Clams, rinsed thoroughly |
| 3 cups | Water |
| ¼- ⅓ cup | Cooking oil |
| ¼ cup | Datu Puti vinegar |
| 1 | Bay leaf |
| ½ tsp | Rock salt |
| ½ tsp | Whole black peppercorns |
| 3 | Finger chilies |
| 2 Tbsps | (<i>siling pangsigan</i>)
Fried chopped garlic, for topping |

PROCEDURE:

1. In a bowl, marinate the pork *liempo* with calamansi juice, rock salt, crushed peppercorns, and garlic. Leave to marinate for 15-20 minutes.
2. In a pot, cook fresh clams in water by boiling for 3-4 minutes until shells open. Turn off heat and reserve clam broth and shells.
3. Heat cooking oil in a frying pan over medium heat. Pan-fry the marinated pork cubes until lightly golden on all sides but avoid browning the meat. Remove garlic from the marinade.
4. Transfer the meat to a medium pot. Add Datu Puti vinegar, clam broth, bay leaf, rock salt, black peppercorns, and garlic from the marinade. Bring mixture to a boil and then simmer for at least an hour.
5. When pork is fork tender, add the clams and finger chilies. Simmer for another 3-4 minutes. Taste and correct seasoning. Sprinkle with fried garlic before serving.



thirsty

Drink It with Salabat

MIX SOME ZING INTO THESE CREATIVE BREWS

Recipes by **Janelle Año** (Ginger Lemongrass Iced Tea),
Yllaine Sabenecio (Apple Cinnamon Ginger Tea)
Photographed by **Floyd Jhocson of Studio 100**

GINGER LEMONGRASS ICED TEA

Makes 6 servings

INGREDIENTS:

- | | |
|-------------|--|
| 4 bags | Rooibos tea |
| 1 bundle | Lemongrass stalks, sliced into ¼" rounds (about ¼ cup) |
| 1 (4") knob | Ginger, sliced finely |
| 6 cups | Boiling water |
| | •Honey, to taste |
| | •Lemongrass stalks, for stirring |
| | •Slices of lemon, for garnish |

PROCEDURE:

1. Steep rooibos tea, lemongrass, and ginger in boiling water for 5-10 minutes. Discard tea bags after. Allow tea to cool to room temperature, about one hour. You may strain to remove solids, or leave it overnight if you prefer a stronger ginger lemongrass flavor. Chill.
2. To serve, pour iced tea into a pitcher with ice. Add honey to taste. Bruise a stalk of lemongrass by lightly crushing it with the side of a knife; use it as a stirrer. Garnish with lemon slices if desired.

APPLE CINNAMON GINGER TEA

Makes 3-4 servings

INGREDIENTS:

- | | |
|--------------|----------------------------------|
| 1 ½ | Apples, roughly chopped |
| | •Juice from half a lemon |
| 1 thumb-size | Ginger, peeled and sliced thinly |
| 2 | Cinnamon sticks |
| 3 cups | Water |
| | •Honey, to taste |

PROCEDURE:

1. Put about ⅔ of the chopped apples in a bowl with lemon juice. Reserve the rest for garnish. Toss until the apples are coated with juice.
2. Put water, chopped apples, ginger, and cinnamon sticks in a pot. Bring mixture to a boil and simmer for 15 minutes.
3. Remove the chopped apples, cinnamon sticks, and ginger slices from the pot.
4. Using a strainer and spatula, squeeze the apple to get the excess juice. Put the extracted juice into the tea.
5. Stir in honey and adjust sweetness according to taste. Garnish with reserved chopped apples. Serve hot or pour over ice.





FIND YOUR FIT.



PREMIERES DECEMBER 20
SUNDAY 630 PM

2ND
AVENUE
WOMEN FIRST

FREE TV Ch.29 / Signal Ch.28 / Global Destiny Ch.29 / Cablelink Ch.35 / SkyCable Ch.19

2ndAvenue 2nd_avenue @2ndavenuetv SOLAR | www.solarentertainmentcorp.com

market momma | 42

Ube Halaya
Ube Filled Mochi Balls

healthy plate | 44

Chicken Salad with Walnuts and Grapes
Superfood Trifle

homecook online | 46

Chicken Ham

recipe 911 | 48

Chicken and Pork Pochero

the suite life | 50

Chicken Adobo Kebabs
Lechon Kawali Kebabs
Pinakbet Kebabs

jr. chef | 52

Mango Canonigo

just desserts | 54

Bibingka Ensaymada
Meringue Croquembouche

foodbeat | 56

Zin Manila
Pepito's Pinoy Sorbet



People

Got more potluck parties coming up? From sumptuous mains like Chicken Ham and Filipino kebabs to drool-worthy desserts like Mango Canonigo and Meringue Croquembouche, our columnists have got you covered.





market mamma

Great cooking starts with the
careful selection of ingredients

Treasured Delights

CREATE NEW HOLIDAY MEMORIES
WITH THESE SWEET BITES

Recipe by **Atty. Gaby Concepcion**
Food preparation and styling by **Nina Daza-Puyat**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Regine Paola Velilla**



IT SEEMS THAT NO MATTER WHAT YOU DO, WHERE YOU LIVE OR HOW OLD YOU ARE, YULETIDE MEMORIES FROM YOUR CHILDHOOD WILL ALWAYS HAVE THAT SPECIAL GLOW IN YOUR MIND AND HEART THAT ONLY GROWS WARMER AND FUZZIER WITH EACH PASSING YEAR. Reunions with family and friends that are centered on food always play a big part in these memories. And in our efforts to never lose that warm and fuzzy glow, family tradition is born.

In our family, the Christmas morning table will have to be laden with the same food that we've always had since my childhood—my Mom's chicken *relleno*, hot *tablea* chocolate, *ensaymada*, Chinese ham, and *ubeng halaya*. For the last ten years, my sister and I have been practicing how to perfect Mom's chicken *relleno* recipe—from deboning the chicken to adding the last spoonful of grated *queso de bola* that my mom used in lieu of salt to give the chicken stuffing its umami flavor.

We have also been trying to perfect our *ubeng halaya*, although we never seem to be able to capture the taste of *ube* the way our Mom used to make it. Now 89 years old, she says she can't remember exactly how to make it anymore; although the last time we made it, she said it was pretty good. She also likes how we've tried to update how to serve it with sweet *macapuno* or *leche flan*. Recently, we've also tried it as *ube*-filled *mochi* balls and they were a bit hit with my kids. My favorite version though is eating it straight from the jar with a spoon—it's simply the best!

Without forgetting Him who is the reason for the season, Christmas will always be about food and its memories will be food for the soul and heart as well! 🍴



Atty. Gaby Concepcion

Atty. Gaby practices at NMGRA law offices and spends some mornings on TV giving legal advice. She teaches at the Ateneo and the Pamantasan ng Lungsod ng Maynila. Married to lawyer Atty. Danny Concepcion, they have four kids who seem hungry all the time. She enjoys sharing her passions, including going to the market and cooking for her family.

UBE HALAYA

Makes 2 cups

INGREDIENTS:

1 kilo Uncooked *ube*
¼ cup Butter
1 can Evaporated milk
1 ½ - 2 cups White sugar

PROCEDURE:

1. Boil the *ube* in water until tender. Once cool, peel the *ube* then grate using a cheese grater.
2. In a large non-stick pot or pan, melt the butter over low heat. Pour in the evaporated milk and sugar, then stir well.
3. When sugar has melted, add the grated *ube* then stir continuously until the texture of the mixture becomes really thick, about 20-30 minutes under low fire. Stir continuously so that the bottom does not burn.
4. Transfer the mixture to a buttered mold or *llanera* and let the mixture cool. Consume immediately or store in the refrigerator.

UBE FILLED MOCHI BALLS

Makes 10-12 balls

INGREDIENTS:

2 cups Glutinous rice flour
1 ¼ cups Water
¾ cup *Ube halaya*
1 cup Freshly grated coconut
• Sesame seeds
• White sugar

PROCEDURE:

1. In a bowl, combine glutinous rice flour and water. Mix well until mixture resembles *galapong**, which has the color and texture of white clay.
2. Roll the dough into small balls, about 1-inch in diameter. Flatten the dough and stuff the center with *ube halaya*. Fold and pinch edges to seal. Roll into balls again.
3. When all balls are filled, prepare a big pot of boiling water. Drop *ube*-filled balls into the boiling water and cook for 2-3 minutes until the skin turns opaque. Remove balls with a slotted spoon.
4. Roll cooked *mochi* balls in freshly grated coconut. Top with sugar and toasted sesame seeds.

*You may also buy ready-made *galapong* at the wet market



the healthy plate



Healthy Indulgences

PREPARE HOLIDAY DISHES WITH A WHOLESOME TWIST

Recipes by **Chef Barni Alejandro-Rennebeck**

Photographed by **Krizia Cruz**

Art direction by **Regine Paola Velilla**

I DON'T LOOK ANYTHING LIKE MY MOTHER. I didn't get her milky complexion, delicate features, or her enviable long legs. What I did inherit from her is an insatiable passion for food. Mom and I both love to travel and embark on culinary adventures. Our mother-daughter bonding activities consist of going to the weekend market, watching food-centric films, and attending cooking classes together.

My beautiful mother, Chef Myrna Demauro, is a graduate of Baltimore International Culinary School in Maryland, USA. She owns and manages several canteens in the metro as well as a thriving event catering company called Chef Mom's D Lite. Her expertise lies in preparing the most delectable

comfort food. Mom definitely doesn't shy away from using premium and sinful ingredients. Her dishes are rich, decadent, and absolutely divine. My sister, Rachel, and I always look forward to the mouth-watering feast Mom prepares for us when we go home to the States for the holidays.

One of the memorable dishes she prepared for us once was a hearty chicken salad with walnuts and grapes. I made sure to get a copy of the recipe from her so I could make it at home for my family. I "healthified" her recipe by substituting the mayonnaise with Greek yogurt. Yogurt is rich in protein and nutrients that fight belly fat such as calcium and vitamin D. It also contains good bacteria called probiotics, which promotes good digestion and a healthy gut.

CHICKEN SALAD WITH WALNUTS AND GRAPES

Makes 16 servings

INGREDIENTS:

4 cups	Chicken broth
½	Red onion, peeled and sliced in half
1 big stalk	Celery, sliced into thirds
1 Tbsp	Black peppercorns
1	Bay leaf
4	Bone-in skinless chicken breast halves
1 cup	Greek yogurt
¼ cup	Chopped red onion
1 cup	Chopped celery
½ cup	Chopped flat-leaf parsley,
1 cup	Toasted walnuts, roughly chopped
2 cups	Seedless red grapes, quartered
1 tsp	Salt
1 tsp	Ground black pepper
16	Iceberg lettuce leaves, trimmed to form small cups

PROCEDURE:

1. In a large pot, combine the chicken broth, red onion, celery, black peppercorns, and bay leaf. Bring to a boil.
2. Add the chicken and lower the heat. Simmer for 20 minutes or until the chicken is cooked through.
3. Remove the chicken from the poaching liquid and transfer to a plate to cool.
4. Once the chicken has cooled, remove the meat from the bones and slice into cubes.
5. Place the chicken in a large bowl. Add the Greek yogurt, onion, celery, parsley, walnuts, grapes, salt and pepper. Mix until well-combined. Cover the bowl with plastic wrap and chill in the refrigerator for at least 30 minutes.
6. Just before serving, spoon the chicken salad into the lettuce cups. Serve immediately.

MOM'S SIGNATURE DESSERT IS AN ELEGANT ENGLISH TRIFLE MADE WITH ALTERNATING LAYERS OF CRÈME ANGLAISE, PEACHES, CHERRIES, AND BUTTERCAKE. Although it tastes heavenly, it also contains a lot of saturated fat, refined sugar, and calories. I challenged myself to create a dairy-free trifle that was not only nourishing for the body but also delicious. My version includes superfoods such as chia seeds, rolled oats, strawberries, kiwis, and walnuts.

SUPERFOOD TRIFLE

Makes 4 servings

INGREDIENTS:

CHIA OAT PUDDING:

1 cup	Soy milk or almond milk
½ cup	Coconut milk
1 cup	Rollled oats
2 Tbsps	Chia seeds
2 Tbsps	Coconut nectar or honey

Mix all the ingredients in a large bowl. Cover with plastic wrap and chill in the refrigerator for at least four hours or overnight.

VANILLA PUDDING:

2 cups	Soy milk or almond milk
½ cup	Coconut sugar
⅛ tsp	Salt
1 tsp	Vanilla extract
⅛ tsp	Ground cinnamon
3 Tbsps	Cornstarch mixed with ½ cup soy milk or almond milk

1. In a medium saucepan, combine the soy milk, coconut sugar, salt, vanilla extract, and cinnamon. Bring to a gentle boil.
2. Add the cornstarch slurry and whisk over medium heat for about 2 minutes until the mixture becomes thick and creamy.
3. Transfer the mixture to a bowl and let it cool. Cover the bowl with plastic wrap and chill in the refrigerator for at least two hours or overnight.

TOPPINGS:

2 cups	Strawberries, hulled and sliced
2	Kiwi fruits, peeled and sliced into half moons
½ cup	Toasted walnuts, chopped

To assemble the trifle, fill the bottom of four glasses with chia oat pudding. Add a layer of strawberries and kiwi, followed by a layer of vanilla pudding. Add another layer of chia oat pudding and sprinkle with chopped walnuts. Top with slices of strawberries and kiwi.



Barni Alejandro-Rennebeck

When it comes to food, Chef Barni Alejandro-Rennebeck believes you can have your cake and eat it too. Nothing brings her more joy than being able to transform everyday dishes into healthier fare. Rice, pizza, burgers—no dish is off limits on her diet since every ingredient can be creatively substituted or “healthified”. For more information about The Sexy Chef, visit their website, thesexychef.ph.



homecook online

Easy home-cooking that is sure to tickle your taste buds!



Winner Chicken Dinner

GIVE YOUR HOLIDAY CHICKEN A SWEET AND SALTY SPIN

Words and recipes by **Marie Villanueva-Pascual**

Food styling by **Chiqui Lloren of Delight Folio**

Photographed by **Ron Mendoza of Studio 100**

Art direction by **Regine Paola Velilla**

CHRISTMAS IS ALL ABOUT TRADITION—that's why it's a most revered occasion by Filipinos, where the celebration eagerly starts with the "ber" months and joyously ends in mid-January. It's a tradition that brings families together, gathered in thanksgiving around well-loved dishes. Relatives from all over the world find their way home for a few weeks of respite and reconnection.

My family's Christmas traditions are quite simple. On my husband's side, they love their *kalitiran*, a hearty beef dish stuffed with a strip of pork fat and slow-cooked in tomato sauce. On my side, it's the *pochero*, with fall-off-the-bone beef with ham bone for that extra umami in the broth.

What my own little brood has introduced and upheld as a tradition of our own, is having *queso de bola ensaymada* with ham, with a side of *kesong puti* and thick *tsokolate eh*. These staples can make an early appearance on Christmas morning and find their way back during Media Noche.

Personally, I prefer the bone-in ham because of its intense flavor. Plus, the fact that it gets reincarnated into so many dishes from sandwiches to *morisqueta*, and even *fabada*! On the down-side, it is salty and fatty, so there is a constant need to look for healthier alternatives.

In the last four years, I've been curing my own ham—both pork and chicken, patterned after the cooking tradition of Bulacan ham. You still get the sweet pineapple flavor with less salt and fat, and it's also easier on the budget. Should there be leftovers, we stuff the ham slices in toasted hot *pandesal* or use them as toppings on green salad. If we're feeling a bit indulgent, we mix them with a sauce, like pasta Alfredo.

As the year draws to a close and a new one begins, we give thanks for the joy of simple abundance and pray for a year of fresh, new possibilities. Merry Christmas! 🍴



Marie Villanueva Pascual

Marie pursues her love for food and entertaining by opening her home to private dining. She has made many tummies happy by hosting "Boodle Fight Feasts" and "Breakfast Pilipinas" in her cozy lanai. For inquiries and reservations, you can contact her at (0917) 516-2743. Visit www.facebook.com/kitchenkitchiekoo or email kitchen.kitchen.koo@gmail.com.

CHICKEN HAM

Makes 12-14 servings

INGREDIENTS:

2 whole chickens, about 1.2-1.3 kgs each

CURING MIX FOR EVERY KILO:

½ tsp	Pink salt/curing salt*
¼ tsp	Vitamin C powder*
2 Tbsps	Sea salt
1 Tbsp	Sugar
2 cups	Water

NOTE: Curing is done twice for each chicken.

PROCEDURE:

1. In a mixing bowl, dissolve curing salt, Vitamin C powder, sea salt and sugar in water.
2. Place chicken in a large resealable plastic bag and add curing mixture. Seal bag tightly and leave chicken to be cured in the coldest part of the refrigerator. After 3-4 days, drain mixture and replace with a new mixture. Allow chicken to be cured for another 3-4 days.

COOKING MIXTURE:

3 cups	Canned pineapple juice
2 cups	Beer

PROCEDURE:

1. Drain curing mixture and wash chickens with water. Drain completely.
2. Place chickens in a large pot and pour pineapple juice and beer. Bring to a boil, cover pot, then let simmer for 30 minutes.
3. Carefully remove the chickens from the pot and place them on a baking tray to slow-bake in the oven at 250°F for about 45 minutes to an hour. Reserve the cooking mixture (pineapple juice and beer) for the sauce.
4. Remove chickens from oven and sprinkle them with brown sugar. Return to the oven and bake chickens for another 15 minutes until sugar melts and forms a glaze.

PINEAPPLE BEER SAUCE:

1 cup	Reserved cooking mixture
1 cup	Pineapple juice
½ cup	Brown sugar

PROCEDURE:

In a small pot, combine cooking mixture, pineapple juice and brown sugar. Cook over low heat and allow to reduce until mixture thickens. Serve with the chicken ham.



*Curing Salt and Vitamin C powder are available at the Spice and Foodmix House. For more information, visit www.spicesandfoodmix.com



recipe 911

Cooking lessons to convert non-cooks to kitchen divas, one dish at a time

A New Family Favorite

TURN SOMETHING OLD INTO SOMETHING NEW
FOR YOUR HOLIDAY GATHERINGS

Photographed by **Mike Cuevas of Studio 100**

Art direction by **Yllaine Sabenecio**

Shot on location at **Global Academy of Culinary and Hospitality, Pasig**

ALTHOUGH CHEF ANJO NORMALLY TEACHES BAKING, she took this opportunity to do some research and apply what she has learned about *pochero*, one of her family's favorite dishes, so she can share it with Janis and her family. Unlike the Pangasinan *pochero* which requires tomato sauce in the stew, for this lesson, Chef Anjo opted to use fresh tomatoes the way they do in Pampanga. Before cooking, Chef Anjo reiterated to Janis the importance of the *sofrito*. *Sofrito* or "to fry" is a Spanish cooking technique that calls for sautéing onions, garlic, tomatoes, aromatics and other ingredients to build up the base flavor of the dish.

Cooking the *pochero* starts with the searing of the meats. Chef Anjo advised Janis to start with the pork first, then the chorizo and chicken to lock in the juices and to cook the meat thoroughly. Another technique shared by Chef Anjo was to blanch the vegetables separately in order to maintain its color and crisp texture. Lastly, Chef Anjo added some spice tips, "paprika for a hint of heat, cayenne for a hint of spice."

After the lesson, Janis recounted how her family has always talked about wanting to prepare this dish. Now she has a newfound favorite dish that's perfect for the season—something old yet something new that will warm the heart. 🍴

CHICKEN AND PORK POCHERO

Makes 6 servings

INGREDIENTS:

½ cup	Olive oil
½ kilo	Pork <i>liempo</i> , cut into serving pieces
½ kilo	Chicken, cut into serving pieces
1 pc	Spanish chorizo, sliced
5 cloves	Garlic, minced
1	Red onion, minced
10	Ripe tomatoes, diced
	•Salt and pepper, to taste
	•Cayenne pepper, to taste
	•Paprika, to taste
	•Sugar, to taste
2 Tbsps	Fish sauce
3-4 cups	Water
2	Potatoes, quartered
4	Saba bananas, sliced diagonally
½ head	Small cabbage
1 bundle	Pechay, ends trimmed
1 small bundle	Baguio beans, trimmed
1 can	Chickpeas (<i>garbanzos</i>), drained

PROCEDURE:

- In a large saucepan, heat 2 tablespoons of olive oil. Sear the pork *liempo*, chicken, and chorizo in the oil one at a time. Set aside.
- In the same pan, add another 2 tablespoons of olive oil and sauté the garlic and onion. Add tomatoes and simmer until it cooks down into a paste-like consistency. Season the mixture with salt, pepper, cayenne, paprika, and a bit of sugar.
- Return the pork and chicken to the sauce pan. Season with fish sauce.
- Add enough water to cover the meat. Bring to a boil then reduce to a simmer. Add the potatoes. Continue to cook until the pork and chicken become tender, stirring occasionally.
- In a separate pan, heat about 3 tablespoons of olive oil. Pan fry the saba until it turns slightly brown. Drain the excess oil with paper towels. Set aside.
- In a deep saucepan, boil about 1 ½ liters of water. Put a handful of salt.
- Blanch the cabbage, *pechay*, and Baguio beans one at a time for about 1 minute each. Take the vegetables out and shock them in ice cold water for a few seconds. Draw out excess water by spinning the vegetables in a salad spinner or with paper towels. Set aside.
- Check the meats. If they are already tender, take out the meat and reserve the broth.
- Reduce the broth some more to thicken into a sauce. Adjust seasoning according to preference. Add the *garbanzos* and fried saba. Simmer for another 5 minutes.
- To assemble, arrange chicken, pork, and chorizo on one side of a serving platter. Arrange the blanched vegetables, potatoes, and saba on the other side. Pour sauce on top or serve in a separate container.



STUDENT CHEF OF THE DAY:

Janis Lyle Barte

OCCUPATION: Online Business and Management Teacher

CHALLENGE: Janis has always wanted to learn to cook *pochero* for her family but did not know how.

CHEF INSTRUCTOR:

Chef Anjo dela Cruz

CHEF'S TIPS

- Season every step of the way. Season the meats before searing, season the *sofrito* (garlic, onions, and tomatoes) when sautéing and season the blanching liquid with salt so that everything will have flavor. Then make the final adjustment in the seasoning just before taking it off from the heat.
- Sear the meats and pan-fry the *saba* to caramelize and have another layer of flavor.
- Blanch the vegetables to avoid overcooking. Shock them in an ice bath to stop the cooking process. This will help the veggies retain their colors and crisp textures.
- Pork is tougher compared to chicken so cook the pork longer. When simmering the meats, take the chicken out when it's already tender to avoid overcooking.



Ann Kuy

Ann has been her family's *cuisinera* for 15 years now. The discriminating tastes of her husband and three girls keep her on her toes as she hunts for new recipes and perfect ingredients. She's a trained culinary graduate who indulges her love for food through travels, Saturday cook-offs, hole-in-the-wall affairs and writing. She's been a professional food writer for various publications since 2002.



the suite life

Overcoming the challenges
of cooking in a small kitchen

On Cue

FILIPINO DISHES ON A STICK? WHY NOT?

Words, recipes, and photo by **Idda Aguilar**



EVERY FILIPINO FAMILY HAS THEIR OWN VERSION OF CLASSIC FILIPINO RECIPES THAT HAVE ULTIMATELY CONTRIBUTED TO OUR UNIQUE CULINARY HERITAGE. For me, putting recipes together has become second nature, where the measure of each ingredient is seemingly engraved in my heart, and the mere smell of each dish cooking brings back all kinds of memories.

Filipino heritage recipes that have been passed on from generation to generation are now being earmarked on the global stage. Nothing brings as much comfort as our local adobo, especially after coming home from a long trip abroad. The lovely crunch of *lechon kawali*, made all the more special when cooked right in your kitchen. There's also the glorious simplicity of ripe, crisp vegetables mixed with *bagoong*. *Pinakbet* has, and will always have, a special place in my heart.

These classic recipes need no further introduction. And in keeping with this mindset, these dishes are how my family has always prepared them. But to go with the festive season, I have decided to put a twist in the presentation by putting them on skewers. Why not have a kebab party while you're at it? Sharing these with love, from my family's kitchen to yours. Happy holidays! 🍴

CHICKEN ADOBO KEBABS WITH GARLICKY ADOBO RICE

Makes 5-6 servings

INGREDIENTS:

CHICKEN KEBABS:

1 whole head	Garlic, minced
1 thumb-size	Ginger, peeled and sliced
1	Onion, diced
½ kilo	Chicken thigh fillets
¼ cup	Soy sauce
¼ cup	Vinegar
2 Tbsps	Worcestershire sauce
1 cup	Water
1 Tbsp	Whole black peppercorns
2 tsps	Brown sugar
1	Bay leaf
	•Salt, to season
	•Ground black pepper, to season
	•Oil, for frying
2	Potatoes, washed and quartered

GARLICKY ADOBO RICE:

2 Tbsps	Oil, for frying
4 cloves	Garlic, minced
2 cups	Leftover rice
5 Tbsps	Leftover adobo sauce

PROCEDURE:

1. Bring a large pan to medium high heat. Fry the garlic, ginger, and onion in oil until wilted and fragrant. Add the chicken fillets and brown on both sides. Bring down the heat to a low fire.
2. In a small bowl, combine the soy sauce, vinegar, and Worcestershire sauce. Carefully pour into the pan and add the water, peppercorns, brown sugar, bay leaf, salt and pepper. Bring back the stove to medium heat setting then cover the pan without stirring. Once it boils, turn down heat and simmer for 10 minutes. Turn off heat and steep the chicken for another 10 minutes.
3. Boil the potatoes in lightly salted water for 6-8 minutes, or just until fork tender. Do not overcook. Strain and transfer to a bowl.
4. To prepare the kebabs, skewer a piece of potato down to the end of each stick. Thread in the cooked chicken and place back in the sauce until all pieces are done. Just before serving, grill or fry the adobo kebabs until cooked.
5. Make adobo rice: bring a pan with cooking oil to medium high heat. Fry the minced garlic until golden. Remove from heat. Add the rice and adobo sauce, stirring to coat. Cover to steam until heated through. Top rice with fried garlic bits and serve with adobo kebabs.

LECHON KAWALI KEBABS

Makes 5-6 servings

INGREDIENTS:

½ kilo	Pork <i>liempo</i> , cubed
4 cups	Water
3 cloves	Garlic, lightly smashed
2 Tbsps	Vinegar
1 Tbsp	Rock salt
1 tsp	Whole black peppercorns
½ Tbsp	Rock salt
1 Tbsp	Vinegar
½ Tbsp	<i>Kasubha</i> (safflower)
4 cups	Cooking oil

PROCEDURE:

1. Boil the *liempo* in water, garlic, vinegar, salt, and peppercorns for 20-30 minutes until fork tender. Turn off heat and steep for another 10 minutes.
2. Place the cooked pork in a strainer and leave to dry. You may reserve stock for the *pinakbet* kebab or for future use.

3. Transfer pork to a medium bowl. Add the salt, vinegar, and *kasubha* then toss to coat. Transfer marinated pork to a resealable plastic bag and refrigerate for at least one hour or overnight.
4. Bring a steel pot with four cups of oil to high heat. Fry the pork pieces until golden. Carefully thread pork pieces through wooden skewers and serve with *lechon* sauce.

PINAKBET KEBABS WITH BAGOONG-CALAMANSI DIP

Makes 4-5 servings

INGREDIENTS:

	•Pork stock*
	•Bagoong
1 cup	Squash, cubed
1	Eggplant, halved then sliced into 1-inch pieces
4 pcs	Okra, sliced diagonally
1	Ampalaya, sliced into 1-inch pieces
3	Ripe tomatoes, halved

FOR THE DIP:

2 Tbsps	Bagoong
	•Juice from 2 calamansi

PROCEDURE:

1. Bring the pork stock with 1 tablespoon of *bagoong* to a boil. Cook each vegetable in the boiling stock just until they turn bright in color, then remove right away and transfer to an ice bath. Repeat until all vegetables are done.
2. Thread blanched vegetables through wooden skewers and lightly brush with *bagoong*. Grill or fry until heated through.
3. Mix *bagoong* and *calamansi* juice to make the dip. Serve with the *Pinakbet* kebabs.

*NOTE: The reserved pork stock from the *lechon kawali* kebabs recipe may be used for this recipe.

Idda Aguilar

Idda Aguilar is a master multi-tasker. Her daily life consists of rushing to and from work as a Broadcast Producer. While running her household and raising two mischievous little girls, she cooks breakfast, lunch, dinner, and always makes room for dessert. She's taking the recipes she grew up with and making them her own in the small kitchen of her apartment. See more of her dishes at thecondochef.tumblr.com.



Crazy for Canonigo

DISCOVER THIS SUPER LIGHT YET
RICH SPANISH DESSERT

Words by **Sofia Pardo de Ayala**
Recipe by **Chef David Pardo de Ayala**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Janelle Año and Yllaine Sabenecio**

EVERYONE IN MY FAMILY KNOWS THAT I LOVE BAKING AND COOKING. This includes Tita Lalan, who's not only a chemist, but a great baker too! I really enjoy cooking with her.

When she came home for a visit last June, she mentioned that she has successfully made *canonigo*, but was also trying to think of ways to make it even better. So, my Papi developed this recipe with my Tita Lalan in mind.

Canonigo is a popular dessert in Spain up to this day, so I think this is where we got it from. They have a very similar recipe in France, called *îles flottantes*, or "floating island." Whether it be Spanish, French, or Filipino—I'm sure you're going to love it as much as I do! 🍴



MANGO CANONIGO

Makes 2 loaf pans

INGREDIENTS:

CARAMEL:

1 ½ cups Sugar
⅓ cup Water
•Butter, for greasing

MERINGUE:

12 Egg whites, from large eggs
1 ½ tps Cream of tartar
1 ½ cups Sugar
2 tps Vanilla extract

CUSTARD SAUCE:

1 (370ml) can Evaporated milk
6 Egg yolks, from large eggs
½ cup Sugar
¼ cup Cointreau liqueur
•Mango slices

PROCEDURE:

CARAMEL SAUCE:

1. Combine the sugar and water in a saucepan over medium heat until sugar is dissolved.
2. Increase the heat to medium high and bring to a boil. Gently stir or swirl pan occasionally and cook until the sugar begins to turn into a light amber color. Remove from the fire and wait until the

color changes to dark amber. Set aside to cool.

3. Butter the bottom and sides of the loaf pans (8 ½ x 4 ½ x 2 ½-inches in size or 5 cups in volume).
4. Pour the caramel into the loaf pans and make sure to evenly coat the bottom. Set aside.

MERINGUE:

1. Preheat the oven to 355°F. Using an electric mixer, whisk the egg whites on medium speed until it foams. Increase the speed to medium high and add the cream of tartar. Whisk until soft peaks form.
2. Add a tablespoon of sugar at a time and continue to whisk until it is thick and glossy. Fold in the vanilla extract.
3. Fill the loaf pans with the meringue. Tap gently to remove air pockets and evenly smoothen it using a spatula.
4. Set the loaf pans in a roasting pan and fill the roasting pan with hot water until it reaches halfway up the loaf pans.
5. Bake for 40 minutes. Halfway through the cooking time, check the meringue. If the top is starting to look burnt, change oven settings to remove heat source from the top.
6. When done, remove the loaf pan from the oven. Transfer pan to a wire rack or kitchen counter to cool completely.

CUSTARD SAUCE:

1. Combine the evaporated milk, egg yolks, and sugar in a heatproof bowl and whisk until they are well-incorporated.
2. Prepare the bain-marie by setting the bowl over a pot with simmering water. Stir continuously until the mixture reaches 180°F or if it's thick enough to coat the back of the spoon. Switch off fire and mix in Cointreau and continue to stir for 2 minutes to allow the alcohol to evaporate. Transfer bowl over an ice bath to allow custard to cool.

To assemble, insert a knife around the pan to loosen the edges. In a quick but careful manner, flip over the loaf pan on a plate or platter that's wide enough to catch the caramel flowing from the bottom of the pan. Layer with thinly sliced fruits like mangoes. Serve with custard sauce on the side.



Sofia and Chef David

Sofia started showing interest in cooking at age 2. Her first kitchen adventures involved ready-made cookie mixes, pancakes and muffins. Together with her Papi Chef David, they made cooking videos that were meant to indulge her dream to "be in the iPad" and to share with family abroad.

Watch her videos on YouTube:
Baby Chef Sofia



TIP

After making your *canonigo*, use the leftover egg yolks to make *leche flan*!



Holiday Magic

PUT SOME SPARKLE ON YOUR TABLE
WITH THESE TWO IMPRESSIVE DESSERTS

Recipes by **Chef Carlo Estagle** and **Chef Patty Loanzon**
Photographed by **Mike Cuevas of Studio 100**
Art direction by **Regine Paola Velilla**

CHEF CARLO: I HAVE NEVER MET ANYONE WHO DOESN'T LOVE A GOOD ENSAYMADA. It is certainly my comfort food and I have it accompanied by a hot cup of coffee, tea and even *tsokolate*. *Bibingkang galapong* is another favorite of mine and so I decided to combine these two fantastic Filipino classics to make a *bibinka ensaymada*. Try it but make sure you use native *kesong puti* and good quality salted egg slices as toppings.

BIBINGKA ENSAYMADA

Makes 15-18 pieces

INGREDIENTS:

SPONGE:

3 Tbsps Yeast
1 ½ cups Fresh milk
2 ¾ cups All-purpose flour

DOUGH:

½ cup + Sugar
2 Tbsps
1 ½ tps Salt
10 Egg yolks from large eggs
4-4 ½ cups All-purpose flour
1 ½ cups Unsalted butter, cubed and softened

TOPPINGS:

400g *Kesong puti*
12 Salted duck eggs, sliced
1 cup Melted butter
1 cup Grated coconut
1 cup Muscovado sugar

PROCEDURE:

- To make the sponge, heat the milk to lukewarm temperature or about 100°F. Whisk the yeast into the milk. Set aside.
- Transfer flour to the bowl and stir in the yeast-milk mixture. Cover with a plastic wrap and ferment at room temperature for 35 minutes.
- Place the sugar, salt, and yolks in a mixing bowl. Using a mixer with a paddle attachment, beat at medium speed until the mixture is well-blended. Turn the mixer to low speed and beat in the flour until it is absorbed. Stop the machine and change attachment to a dough hook.
- Add the sponge. Knead until the dough is smooth and elastic. Drop in the pieces of butter until it is well-blended into the dough.

- Let the dough rise in an oiled bowl then cover it with plastic wrap for about 1 ½ hours or until it doubles in size. Punch the dough and let it rest on a floured surface for 5 minutes.
- Scale dough at 60g for large *ensaymadas*. Preheat oven to 325°F. Place in greased pans and proof until double in size for about 1 ½ to 2 hours.
- Bake *ensaymadas* at 325°F for 15 minutes. When baked, cool down and smear with the *kesong puti* and top generously with the salted duck eggs. To serve, top with melted butter, grated coconut, and muscovado sugar.

Chef Patty Loanzon & Chef Carlo Estagle

Patty and Carlo are Henry Sison Culinary School Silver Spoon awardees and were both asked to return and teach. Together Patty and Carlo fondly call themselves Petite Cuisine (P&C). They help out friends with the occasional consultancy, catering, dessert, and cake orders.

CHEF PATTY: WE USED TO CALL THEM MERENGGE WHEN WE WERE LITTLE AND WE BOUGHT THEM FROM ALING ESA WHO OWNED THE NEIGHBOURHOOD SARI-SARI STORE. The shell cookies came in different pastel colors like pink and green, and I remember how they would melt in our mouths as soon as they touched our tongues.

For this month, I will teach you how to make a basic meringue, but I suggest that you build this festive meringue croquembouche as the centerpiece of your Christmas spread. You can let the children come and pick what they want from the "tree." You can even double the recipe to make a big croquembouche and just fill the empty spaces with candies. I'm sure this will surely create some sweet and memorable holiday memories for your family. 🍯

MERINGUE CROQUEMBOUCHE

INGREDIENTS:

- 3 Egg whites from large eggs
- ½ tsp Cream of tartar
- Pinch of salt
- 1 cup Sugar
- 1 Tbsp Cornstarch (for more density)
- Red and green food coloring
- Wilton Royal Icing

PROCEDURE:

1. Preheat the oven to 275°F. Combine the egg whites, cream of tartar, salt, sugar, and cornstarch in a mixing bowl and cook over simmering water.

2. Use a candy thermometer and cook the mixture stirring occasionally until the thermometer reads 240°F. Transfer mixture to a bowl.
3. Using a mixer with a whisk attachment, beat mixture until soft and dry. It should be silky, feel heavy, and look stiff when lifted with the whisk.

4. Divide the meringue into two bowls and add a few drops of food coloring. Blend well until you get the desired color.
5. Transfer to a piping bag with a 2D star tip and pipe rosettes on a baking pan.
6. Bake for about an hour (depending on the size of your rosettes) until they come off light, airy, and dry. Cool completely but do not leave outside uncovered. Another option is to transfer the cooked meringues to another sheet pan and place them inside a shut-down oven to cool and further dry them out. Store in an airtight container.

WILTON ROYAL ICING:

Makes 3 cups

INGREDIENTS:

- 3 Tbsps Meringue powder
- 4 cups Sifted confectioners sugar
- 6 Tbsps Water
- 1-2 Egg whites

PROCEDURE:

1. Put all the ingredients in a mixing bowl and combine at low speed for about 5-7 minutes and then gradually increase speed until stiff.
2. Transfer some of the icing into a piping bag with a small tip. Cover the rest in the bowl with a damp clean towel. Royal icing will finish dry and hard.

To assemble: Make a cone out of cartolina and cover with aluminium foil. Set on a heavy board or plate. Pipe royal icing all over the cone and attach meringue, making your own pattern or design. Fill small spaces with colourful candies.





Zin Manila

Words by **Janelle Año**
Photographed by **Mike Cuevas of Studio 100**
Art direction by **Angeli De Rivera**

SALT IS ONE OF THE MOST IMPORTANT COOKING

INGREDIENTS. It brings out a dish's flavors, balancing bitterness and enhancing sweetness. It can make a dish's aromas more prominent, and it can even change the texture of an ingredient.

This is why when Cheryl Lim and Czarina Yu noticed the popularity of artisanal salts abroad, they decided to bring the trend to the Philippines. It wasn't their first venture into food. In 2011, the two friends opened Whisk, a gourmet salad dressings brand. "We were worried that [Zin Manila] wouldn't take off at first," Czarina confides. "What if customers think it's 'just' salt?" But when they tried cooking with their products, they knew they were on to something. "We tried it with pasta and other food. It was perfect!"

After six months of planning and kitchen testing, they finally released Zin Manila's line of artisanal salts. They currently have three basic blends (**Natural Sea Salt, Himalayan Pink Salt, and Triple Pepper Blend**) and five signature blends (**Coffee Salt, Garlic and Chili Salt, Sriracha Salt, Himalayan and Black Pepper, and Rosemary and Lemon Salt**). According to Czarina, the signature blends are proudly Filipino: "Most of our ingredients like the Himalayan salt and peppers are imported. But for our signature blends, we get the ingredients locally and blend them here. For example, we get our coffee beans from the Cordillera region, black pepper from Batangas, and rosemary from local farms."

All of the salts can be used during cooking or as finishing salts. Czarina shares some of her and Cheryl's favorite

uses for their salts: "The Coffee Salt can be sprinkled over ice cream, brownies and cookies, but you can also use it as a dry rub for grilled meat. Instead of seasoning popcorn and fries with plain salt, you can use Sriracha salt for extra flavor. The Rosemary and Lemon is good with poultry and seafood. The Garlic Chili is great with everything—garlic bread, steak, roasted potatoes, fried rice, and pasta." Of course, those are all suggestions and customers are encouraged to get creative and play with the flavors. "We want people to [use our salts and] know you can serve good food at home!"

FOR ORDERS, CALL (0917) 877-1948.
E-MAIL ZINMANILA@GMAIL.COM



Pepito's Pinoy Sorbet

Words by **Janelle Año**
Photographed by **Mike Cuevas of Studio 100**
Art direction by **Angeli De Rivera**

WHEN NOR DOMINGO TRIED TO RECREATE THE ITALIAN ICE HE ENJOYED IN NEW YORK, he realized that he couldn't get the results he was hoping for. "I looked for syrups with American flavors like strawberry, cherry, and bubblegum," he shared. "But when I made one, it wasn't exciting. It was just ordinary." So Nor, together with his wife Pia, looked for inspiration closer to home—in this case, the *kamias* tree in their backyard. And instead of Italian ice, they decided to try their hand at sorbet, a similar frozen dessert with a smoother, creamier texture. It was an instant hit: the tart fruit, puréed and mixed with sugar, proved to be a perfect base for sorbet. They started bringing their *kamias* sorbet to family gatherings, and before they knew it, orders for the dessert—along with requests for specific flavors—started pouring in.

Soon the couple found themselves juggling the demands of their new business and their day jobs. Nor, a cinematographer and theater actor, and Pia, a ballet teacher, handle every aspect of the business themselves, from making the sorbet to packing them and managing daily operations.

"It was hard. I'd come home from 24-hour shoots *tapos pagdating ko, sasabihin ni Pia*, you have to make sorbet," Nor recalled. It took a while for the couple to establish a routine and develop new flavors, a process that requires trial and error. "The trick is finding the right ratio. We have to balance it. If there's too much sugar, it won't freeze. If there's not enough sugar, it will freeze like a block of ice. It's not going to have that creamy texture. But sometimes we have flavors *na* one hit wonder, *kuha kaagad sa* first try, like the *santol*."

Pepito's Pinoy Sorbet currently has nine flavors, all based on local fruits. Their flavors include *santol*, *pinya't sili*, *guyabano*, and Indian mango, Nor and Pia are eyeing more exotic fruits (*sineguas* and *batwan*, to name a few) as part of their advocacy to promote the Philippines. "When we started doing

Pinoy flavors, one of our hopes was to attract (foreigners and locals alike). *Kasi tayo*, we get from other countries, like green tea from Japan. One of my goals is to really research fruits that are endemic to the Philippines. *Yung target namin ay sana makilala yung* Filipino fruits through this." 🍴

FOR ORDERS AND INQUIRIES, CONTACT
(0920) 907-2901 OR VISIT
WWW.FACEBOOK.COM/PEPITOSPINOYSORBET



THE MAGAZINES YOU LOVE, *APP* FOR GRABS IN YOUR DIGITAL NEWSSTAND!



All of One Mega Group's titles are now available for digital download! Take all our homegrown magazines with you, anytime and anywhere in the world, on your device.

ONLY US\$2.99 PER ISSUE





Dining

It's the season to meet up with friends and family and catch up over good food, so we searched the metro for the best places that serve Filipino comfort food. Plus, where to find the freshest and most delicious *kinilaw* in town!

Gerry's Jeepney | 60

Flavors of Home

Roast | 62

Perfect Pairings

Ka Tunying's Café | 64

Breakfast and Bread

Hiyas | 66

A Jewel of a Restaurant

Aida's of Bacolod | 68

Bacolod's Bounties

Resto 6 | 70

Kilawin Cravings





The Flavors of Home

GATHER 'ROUND FOR AUTHENTIC FILIPINO
HOMECOOKING AT GERRY'S JEEPNEY

Words by **Janelle Año**
Photographed by **Ron Mendoza of Studio 100**
Art direction by **Regine Paola Velilla**

The Ayala Boodle Fight is
best eaten *kamayan* style



Jeepneys turned into mini dining rooms



Crispy Pata and Kare-kare beg to be eaten with rice



Fried eggplant strips accompany the Binagoongan Lechon Kawali

IF YOU'RE LOOKING FOR A NEW resto to take your *balikbayans* to, or simply somewhere you can enjoy a good meal with a side of nostalgia, Gerry's Jeepney is the perfect place.

The restaurant, located in Maginhawa Street, first opened its doors in Sikatuna Village in 2013. As the restaurant's popularity grew, the owners had to expand the restaurant and eventually move to its present, bigger location in UP Teacher's Village. What makes Gerry's Jeepney such a hit among its customers? To start with, every corner is filled with knick knacks that will remind diners of their childhood plus classic OPM hits are played on loop. Of course, the main come on is that customers can enjoy their meals inside the restaurant's individually-themed jeepneys!

"*Kapag kumain ka sa loob ng mga jeepney (namin), para ka na ring nag-step inside Filipino culture,*" says restaurant owner Gerry Javier. The restaurant currently has five jeepneys: Mga Bituin ng Pinilakang Tabing, a homage to our iconic actors and actresses; Pinoy Superheroes, which has characters from local *komiks*; Manananggal, which celebrates our local folklore; Jose Rizal, a tribute to our national hero; and MassKara, which is inspired by our regional fiestas. And even though there's also an air-conditioned dining area, eating inside a jeepney is an experience

many customers happily line up for. *Sungka* (mancala) and domino sets are available for customers to borrow while the restaurant's tables double as game boards for *dama* (checkers). "*Yung mga bata na kumakain dito, minsan hindi sila marunong (maglaro ng dama at sungka). Natuturuan sila ng parents nila kaya nagkaka-bonding,*" Gerry adds.

Shared meals between family and friends are definitely encouraged in Gerry's Jeepney which is highlighted by the restaurant's specialty—boodle-style meals. We recommend the **Ayala Booodle Fight**—perfect for a hungry party of four, it comes with *sinigang* soup, rice, grilled *liempo*, *crispy hipon*, your choice of grilled fish, *ensaladang talong* with *itlog na maalat* and KBL (*kamatis, bagoong, and luya*), plus four glasses of iced tea. You can also opt for the **Jeepney Fried Rice** upgrade which has scrambled eggs, *itlog na maalat*, scallions, and a generous topping of *dilis*.

A la carte options are also available. Don't miss the **Crispy Pata**, with crunchy golden skin and meat that's irresistibly juicy. The **Binagoongan Lechon Kawali with Pritong Talong** is one of the restaurant's bestsellers; fatty pork and salty *bagoong* make for a winning combo. The **Pinakbet and Gising Gising** (topped with crunchy *dilis* for a salty kick!) are excellent sides. Since the restaurant also caters to students and office

workers, there are budget-friendly meals (called "Driver's Tipid Meals") that come complete with a generous serving of *ulam*, rice, soup, and iced tea.

"*Simple lang ang pagkain namin dito,*" Gerry shares. All of the recipes were developed by Gerry himself and his family's cook; the food that is served in the restaurant is exactly what they have at home. We think that's part of the restaurant's appeal, and why customers can't get enough of Gerry's Jeepney—eating here is like coming home to good old authentic Filipino food that you can enjoy with your loved ones.

"*Kahit kumain ka sa Japanese or Italian restaurant, ang mga Filipino talagang uuwi at uuwi pa rin sa Filipino food.*" 🍴

Recommended

- Ayala (P780/good for 2-4)
- Gising Gising (P95)
- Pinakbet (P130)
- Kare-kare (P350)
- Binagoongan Lechon Kawali with Pritong Talong (P210)
- Crispy Pata (P375)
- Mais con Yelo (P80)
- Saging con Yelo (P80)
- Leche Flan (P50/small, P110/big)

7B MAGINHAWA STREET, UP VILLAGE, QUEZON CITY, FOR RESERVATIONS, CALL (02) 435-6824.



dining | Roast

Perfect Pairings

ROAST INVITES YOU TO ENJOY THEIR
SIGNATURE COMBINATIONS INSPIRED BY
HOLIDAY FAVORITES AND LOCAL FLAVORS

Words by **Angeli de Rivera**
Photographed by **Krizia Cruz**
Art direction by **Regine Paola Velilla**



Roast's Adobo Flakes
comes with an addition
of *kesong puti* to liven
up your meal



The café's specialty *barako* blend is served in a quirky customized mug to retain the contents' hot temperature



Dip chunks of Garlic Longganisa into sour-tingling vinegar to wake up your morning



A hearty serving of the Negrense Chorizo Kesong Puti Pasta



The Pinaputok na Longganisa is best paired with subzero beer



No need to wait for *simbang gabi* to enjoy traditional *puto bumbong*

Recommended

- Crispy Adobo Flakes (P145)
- Garlic Longganisa (P95)
- Negrense Chorizo with Kesong Puti (P165)
- Pinaputok na Longganisa (P190)
- Barako Coffee (P55)
- Batangas Tablea Tsokolate (P95)
- Bibingka and Salted egg (basic - P100)
- Puto Bumbong (4 sticks - P70)

IT TAKES A QUICK EYE TO LOCATE this quaint little coffee joint along the bustling Katipunan neighborhood but it doesn't take long for you to fall in love with their offerings.

Partners Pia Caluag and Joby Tanjuatco have always wanted to have their own place where people can sip a cup or two while savoring their native specialty: **puto bumbong** and **bibingka**. It started in 2009 when Pia was asked to provide the classic combination as an after service treat for the Misa de Gallo goers in Ateneo. From there, the couple's offering gained a following, so they eventually decided to put up a coffee shop where it can be available all year long. As soon as they settled on their current location, sure enough, the residents of nearby subdivisions, calm-seekers, or just those looking for an after dinner hang out found their own quiet getaway along the stretch of White Plains' neighborhood.

Roast derives from Joby's love for a good cup of coffee. The passion is evident in the resto's coffee-centric decals, posters

and wall displays. "It's also the idea that a great cup of coffee plus *puto bumbong* and *bibingka* all go together perfectly," shared Pia. Mind you though, it's not just this signature tandem that makes you come back for more.

The all-day breakfast choices are must-tries. Start off the morning with a generous serving of **Crispy Adobo Flakes** served with a side of salsa, an egg cooked to your liking, and a side of soy vinegar. For a small sum add in *kesong puti* to make your flakes tastier. Another breakfast option is the hearty **Garlic Longganisa** sourced from Pia's hometown in Bulacan. Pair it with a steaming cup of **Kapeng Barako**, made from Joby's own blend of locally sourced coffee beans, and you're in for a wondrous morning meal. The **Negrense Chorizo with Kesong Puti** is a good recommendation for those craving for a rich pasta dish—skinless jewels of pork melding deliciously with luscious native cheese.

Night owls have their options too! The **Pinaputok na Longganisa**, which they source from Malolos, is a terrific

pick me up to go with the subzero alcoholic beverages also available in the joint.

Did we mention that their *puto bumbong* and *bibingka* are not just incredibly addicting but also a genuine nod to our food nostalgia of Christmases past? Pia and Joby didn't scrimp on any of the steps or ingredients when it came to developing the recipes as well as the cooking process of their post-Misa de Gallo treats. You can order the *bibingka* with classic toppings of salted egg slices, *kesong puti* or *queso de bola* while the *puto bumbong* comes with a side of freshly grated *niyog* and muscovado. Each serving is made fresh to order and is big enough to be shared around the table.

Whether you drink it with tea, coffee or a pot of Roast's **Batangas Tablea Tsokolate**, we're completely certain that you'll be in a state of holiday bliss no matter which day of the year. ☕

OPEN FROM MONDAY TO SATURDAY, 7:00AM-11:00PM. 2F, LINEAR BUILDING, 142 KATIPUNAN AVENUE, ST. IGNATIUS VILLAGE, QUEZON CITY. CALL (02) 362-6334.



dining | Ka Tunying's Café

Breakfast and Bread

FIND COMFORT IN CLASSIC
FILIPINO MEALS AT
KA TUNYING'S CAFÉ

Words by **Rina Caparras**
Photographed by **Krizia Cruz**
Art direction by **Regine Paola Velilla**
Sittings editor **Yllaine Sabenecio**



Each Longsilog meal comes
with two eggs, adobo rice, and
tomato salsa



Anthony and Roselle Taberna:
proud restaurateurs



All breads are
baked fresh everyday
like these coffee buns



The Baked Bangus belly
may not be a common *silog*
meal but remains to be a
crowd-favorite



Pinipig is added to the
Tsamporado & Tuyo for
added crunch



FRESHLY BAKED PANDESAL IS A STAPLE ON THE FILIPINO BREAKFAST TABLE. Sometimes dipped in coffee or enjoyed on its own, this type of bread is not only delicious, but is also versatile enough to be eaten every day.

At Ka Tunying's Café, owned by radio and TV personality Anthony Taberna, *pandesal* and other types of local bread take the spotlight. The café's most popular items are the **Turmeric Pandesal**, the classic bread of salt with a hint of spice; the **Kalabasa Ensaymada**, *ensaymada* with a cheesy-caramel topping and a one-of-a-kind pumpkin-based dough; as well as the **Kamote Cheese Roll**, a sweet and indulgent bread roll with more than enough cheese to please cheese lovers.

Anthony shares that the idea for putting up a café was the incidental consequence of wanting to expand his Nueva Ecija-based bakery, which has been operating for more than 13 years. Since he receives plenty of orders from Metro Manila, he decided to put up shop somewhere nearby.

Because their main offering is bread, it was only natural to decide on an all-day breakfast café concept. The food is also mainly sourced from Nueva Ecija, although Taberna also gets some of his influences from Batangas, Cavite, Isabela, and the Cordilleras. Rest assured, however, that whatever you find in Ka Tunying's

Café is "similar to what you would find at our [provincial] home," Taberna shares.

Among all of the café's breakfast items, Anthony's favorite is the **Longsilog**. For this dish, you get to choose among three variants of Cabanatuan's famous *longganisa*: *batutay* (pork and beef), *recado* (pork and garlic), and *hamonado* (sweet pork). The most popular variant is *batutay*, because of its unique beefy flavor, on top of the sweet and salty seasoning.

Apart from Longsilog, the **Baked Bangus Belly** also stands out. Although not a common *silog* meal, this baked fish is so rich and creamy, you'll surely love the way it mixes with the rice. There's also **Chicken-Pork Adobo**, the Filipino national dish that can be enjoyed in a number of ways. Here it is served with fluffy scrambled eggs and adobo rice.

Another Pinoy breakfast favorite, **Tsamporado & Tuyo**, is a great choice. The café uses deep and rich Batangas chocolate *tablea* to flavor the thick and gooey rice porridge, which is topped with *pinipig* for extra crunch. Eat this with *tuyo* to balance out the sweetness.

Ka Tunying's Café has plenty of drinks to choose from, all of them personal favorites of Anthony's beautiful wife, Roselle. The **Agimat** is a healthy detox slushie made from *calamansi* juice, fresh cucumber, and ginger syrup. If you want

a sweeter beverage, there's the **Naimas Smoothie**, a nutty Ilocandia-inspired drink made from *balikucha* (chewy caramel), *panutcha*, and muscovado with cheese and milk. Another treat is the **Pastillas de Latté**, a frozen blended drink of *pastillas de leche* with a hint of pandan.

From the reasonably priced but high-quality breads to the delightfully classic rice meals and drinks, Ka Tunying's Café doesn't disappoint. Stop by for a comforting, hearty, and memorable Filipino breakfast all day. ☕

Recommended

Turmeric Pandesal
Kamote Cheese Roll
Kalabasa Ensaymada
Tsamporado & Tuyo (P150)
Chicken-Pork Adobo (P185)
Longsilog (P195)
Baked Bangus Belly (P225)
Agimat (P115)
Naimas Smoothie (P115)
Pastillas de Latté (P135)

88 VISAYAS AVENUE, BARANGAY VASRA,
QUEZON CITY. FOR ORDERS, CALL (02) 366-1342



dining | Hiyas

A Jewel of a Restaurant

A MODERN AND FUN TAKE ON FILIPINO CUISINE AT HIYAS

Words by **Yvette Tan**

Photographed by **Floyd Jhocson of Studio 100**

Art direction by **Yllaine Sabenecio**



Enjoy this Crispy Pata Tim in a lettuce wrap, stuffed into *kua pao* bread

HIYAS, LIKE ITS NAME SAYS, IS A LITTLE JEWEL SET IN THE MIDDLE OF KAPITOLYO'S BUSTLING RESTAURANT SCENE. The interior is a reflection of the menu—a fun take on Filipiniana. The restaurant recently launched some new dishes, which playfully reimagines Filipino favorites. “Filipino food is hard to do because it’s hard to move away from something you’re used to,” shares Executive Chef Justin David. “[In the new menu], we try to emphasize different experiences on things we enjoy or couldn’t enjoy, then enjoy it again.”

The **Watermelon and Tuna Kinilaw** is a delightful appetizer, a refreshing mix of savory-sour tuna in vinegar punctuated by sweet cubes of watermelon. “The sweetness of the watermelon easily balances out the sourness of the *kinilaw*,” David says. “Then, how do we eat it? We eat *kinilaw* as is or sometimes with rice, but I said, ‘let’s have it with some nice buttery bread.’”

The **SMB Soup** is a thick, sweetish soup made with San Miguel Beer. It’s reminiscent of *kare-kare* sauce, but is different, the taste of beer appearing at the end. It’s a soup that acts more like a punctuation to other dishes than being a main event itself.

The **Assorted Pinoy Soft Tacos** is Hiyas’ take on the current soft taco trend. “What we can put inside the taco is just as good as what we can get with authentic Mexican food because our [Filipino] flavors are similar but very different,” David says. Guests can enjoy *kinilaw*, *estofado*, and chicken and pork adobo flavors, the latter especially interesting because the sourness of the *kesong puti* pairs very well with the richness of the adobo.

The **Salmon Sashimi Sinigang sa Mangga** is not to be missed. “Usually, when you have salmon *sa miso*, the fish breaks and it can be messy,” David says. “I said, ‘let’s pour the hot *sinigang* soup on the raw fish so they can appreciate the freshness of our ingredients.’ The fish barely gets cooked and it melts in your mouth. The grilled tomato adds another layer of flavor changing the tone of the dish.”

The broth, soured with green mango, is incredibly, deliciously sour. Its heat cooks the sushi-grade fish until it is just right, soft yet flavorful. The dish is an utter delight. “Sometimes it’s a matter of just looking at the different methods of cooking to make things better,” David says. “That’s what we’re trying to do.”

The **Crispy Pata Tim** is an indulgent version of the already quite decadent crispy *pata* and *pata tim*. The thrice-cooked fork-tender pork is served with a sweet sauce and topped with crispy pork



Assorted Pinoy Soft Tacos



Crispy Adobong Pusit Delight



Piping hot *sinigang* broth is poured over the Fresh Salmon Sashimi



The homey interiors of Hiyas

skin and served with Chinese bread and pickled radish, *kua pao* style. It’s delicious as is, but guests will probably want to order rice as well, for a different kind of comfort experience.

The **Crispy Adobong Pusit Delight** is fried squid cooked in its own ink and served with a surprise—a 63 degree egg that, when mixed, adds another dimension to the black ink sauce.

Even the *merienda* and desserts are familiar and yet new. The **Bibingka with Coconut and Sago** is a cake à la mode sitting on a pool of coconut cream and *sago*. “Making Filipino dessert is another difficult task to do because we have a limited variety, so we decided to have something à la mode, but still have the Filipino flavors there,” David says.

The **Apple Turon** is a Filipino version of apple pie. It’s got a *langka* slivers as well, to keep with the *turon* theme. “It’s an apple pie in a bite,” David points out.

More than just offering a different take on traditional Pinoy dishes, Hiyas is all about amping up the fun factor as well.

“We want people to enjoy,” David says. “The soft taco, we want people to hold on

to it, or the crispy *pata tim*, you can kind of D-I-Y it. For the crispy *pusit*, there’s a surprise. The slight adventure of having tuna and watermelon, two completely different things. [We] try to put some more life into Philippine cuisine.”

The restaurant plans to have the full revamped menu released by the beginning of 2016. “Let’s bring back some dishes that we don’t eat anymore,” David states. “As long as people enjoy it, I’m happy with it.”

And if restaurant attendance is anything to go by, everyone is. 🍴

Recommended

Watermelon and Tuna Kinilaw
SMB Soup
Assorted Pinoy Soft Tacos
Salmon Sashimi Sinigang sa Mangga
Crispy Pata Tim
Crispy Adobong Pusit Delight
Bibingka with Coconut and Sago
Apple Turon

‘D-STRIP BUILDING, 20 UNITED ST., KAPITOLYO, PASIG CITY. FOR RESERVATIONS, CALL (0915) 868-6650



dining | Aida's of Bacolod

Bacolod's Bounties

AT AIDA'S KITCHEN, THERE'S A
STORY IN EVERY BITE

Words by **Paul Catiang**
Photographed by **John Ocampo of Studio 100**
Art direction by **Janelle Año**



Homesick Negrenses often troop to Aida's to get a taste of their chicken *inasal*—prepared exactly the same way it is in Bacolod



Go for the Kansil Beef, a dish that's a cross between *bulalo* and *sinigang*, flavored by *batuan*



The Ilonggo Squash in Curry has *kalabasa* and plump shrimps in flavorful curry sauce



The Frozen Brazo de Mercedes made by popular Negrense baker Ann Co, is especially flown in from Bacolod



Ilonggo Express

MAKATI CINEMA SQUARE IS AT ONCE A RELIC OF ITS TIME AND A VIBRANT CULTURE HUB. A far cry from the gleaming structures of aspiration, the '80s-built mall is shaped by the grit and grind of everyday life, and is home to eclectic establishments: gun shops, an archery range, and some of the best Negrense cooking outside of Bacolod.

Regional Roots

Aida's first opened in Bacolod's famous Manokan Country, where it stands among the dozen or so institutions of the city's food culture. There, the Tarrosa family has served **chicken inasal** the traditional way, with a side of *ensaladang talong* and *itlog na maalat*, and with the *sawsawan* array of *calamansi*, chili peppers, vinegar, and *toyo*.

Today, they are continuing their food traditions in the Makati Cinema Square Branch.

The *sawsawan* alone tell stories. We learned that when one asks for *patis* in Negros, what gets served is *toyo* (soy sauce). It seems fish sauce doesn't have a very strong hold on the Negrense palate. On the other hand, the chicken oil became popular for its added flavors of chicken fat, garlic, and *atsuete*. For the Tarrosas, it began as a behind-the-scenes condiment; the owners would set aside the oil used to cook the *inasal* and drizzle it on the rice. The kitchen secret soon spread, and now chicken oil can be found in any *inasal* restaurant.

Kansi offers a different story. Either beef shank or pork knuckle simmered for hours, it is only minimally salted, with maybe a couple of *siling labuyo* tossed in. Its magic, however, lies in the tangy edge of *batuan*, a cousin to the mangosteen.

Growing on hill and mountain forests in Negros, *batuan* bears fruit in the rainy season, and its distinct tang lends itself to *kansi* made the traditional way. Owner Toto Tarrosa prefers to let the ingredients' inherent flavors and textures come to the fore. The beef's tenderness, the rendered gelatinous fat, the bone marrow, and the tongue-teasing acid of *batuan* all come together to provide many layers of flavor: *linamnam*, *asim*, *anghang*—tastes only a local language can convey.

Toto learned all these flavors and techniques by osmosis, he says, recalling his childhood days going to the *palengke* with his mother, learning about produce, meat cuts, and the catch of the day, and watching her work in the kitchen. He may not be a cook himself, but Toto can readily taste if a dish measures up to his mother's cooking.

Offshoots and Grafts

Aida's Kitchen has developed new dishes of its own while still using the ingredients

native to Negros. A homage to the Bicolano dish is **Ilonggo Express**, a less-spicy version of the *gata*-cooked vegetarian dish, with knotted *sitaw* and the underrated *sigarilyas*, still crunchy and mixed with a small amount of Ilonggo *bagoong* called *quinamos*. There's also the **Ilonggo Squash in Curry**, this time flavoring *kalabasa*, *gata*, and fresh shrimps with a light dusting of curry powder—personally, it tastes like a mix of fenugreek, cumin, and cayenne pepper. In small ways, the restaurant grafts relatively foreign ingredients and techniques into Negrense cuisine to see how they work together.

For dessert, we taste the Negrense sweet tooth. Aida's has its own small collection of desserts, the first of which is the frozen *brazo de mercedes*. Served in pint-sized tubs, the dessert is at once familiar and new.

There's a story in every dish at Aida's—a story of where the ingredients came from, how they were prepared, and how they change with the seasons. We taste these stories with each bite, sip, and whiff. For Negrenses, these are the tastes of home. For others, they tell a story so compelling that we are encouraged to look into our own roots and cook up our own stories. 🍴

Recommended

- Chicken Inasal (Pecho, Paa, or Pakpak) (P130)
- Kansi Pata or Beef (P185/P280)
- Ilonggo Squash in Curry (P285)
- Aida's Ilonggo Express (195)
- Frozen Brazo (P110)

L/G MAKATI CINEMA SQUARE, CHINO ROCES AVE., LEGASPI VILLAGE, MAKATI. FOR INQUIRIES, CALL (02) 811-1537

Kinilaw Cravings

Words and photos by **Zig Naguiat**

People say *kilawin* (or *kinilaw* to those further down south) is like a compromise for raw food lovers, and for those who prefer their meals cooked. It sounds so simple when described; fish or cooked meat denatured in a souring agent. However, you must take note of the freshness of your ingredients, the combination of flavors, and how long it's been soured when making it. If even one of those is wrong, the whole thing is ruined. But perfected, *kilawin* can be something that makes people drool with anticipation. Here's a few I've tried that may give you the urge to go forth and eat.



| 1 | LOCAVORE

10 Brixton Street, Brgy. Kapitolyo, Pasig City
(02) 632-9600, (0915) 579-5250

Kinilaw Sampler (P380)

I love samplers, and this makes so much sense as Locavore has quite a few choices when it comes to *kinilaw*. I tried out the oysters, *lapu-lapu*, and tuna. The oysters were plump and juicy, with the sweet, tart marinade complimenting their flavor. Could have done with a little salt for contrast in my opinion, but still good. The tuna was fresh, not at all mushy. The sauce was sweet, thanks to the ripe mango chunks and Japanese spice mix. The *lapu-lapu* was a treat as well, though it felt weird eating it raw for once. I could taste the distinct flavor only grouper could have, with soft yet firm flesh. The lemongrass and mandarin orange marinade was a fun combination that went great with it. These were excellent *kinilaw*, with flavors that excite the palate. Could have been a bit more sour though, for my taste. A bit pricey, but worth it.

Rating: 4.5/5



| 2 | SARSA

Second Floor, Entertainment Mall, Mall of Asia Complex, Pasay City

Pasayan (Shrimp) Sa Gata

The Sarsa branch at Mall of Asia has a *kinilaw* bar that rotates its offerings daily, so you know you get a fresh enough serving every time you dine there. A lot of different textures were played out in the Shrimp sa Gata with the sharp crunch of fresh cucumbers, onions, green mangoes, and crispy *chicharon* fish skin, all with their various flavors. The shrimps, butterflied and deveined, tasted clean and fresh, and a little sweet. The very light denaturing meant the center of the shrimp was still raw, so you could appreciate its natural flavor. While red eggs gave the shrimp a much needed element of saltiness, I wish the coconut cream had a stronger taste. It's good stuff, and I'd advise calling ahead to ask what their *kinilaw* of the day are.

Rating: 4/5

| 3 | PATRICIO'S CEVICHERIA

28 Bayani Road, Taguig City
(02) 998-7274,
(0917) 850-8817

Kinilaw de Oro (P280)

Oh man, when this first arrived at my table, the aroma that wafted from the dish just made my mouth water. That lovely scent from the vinegar and souring agents they used would make any *suka*-loving Pinoy smile. And it tasted what it smelled like: of sweet, sour overripe fruit. The fresh fish was lightly soured, its natural flavor pairing very well with the vinegar. Cucumber and onions added extra crunch, and the heat from the chilies was a pleasant contrast to the cold dish. This was excellent *kinilaw*. I'd recommend it to newbies and aficionados of raw fish.

Rating: 4.5/5





| 4 | MAMA ROSA

9 East Capitol Drive, Brgy. Kapitolyo, Pasig City
(02) 928-5893

Kinilaw na Isda (P280)

Okay, it's another sampler set, this time with only one seafood for all: tuna. The three variants were: green mango with coconut cream, red egg with *tausi* and tomatoes, and cucumber with radish and *kamias*. The tuna itself was white through and through, having been sitting in vinegar for quite a while. I guess this might turn off some people, but I always equated *kinilawin* as being served like that. It wasn't too sour, and you could taste its inherent flavor. The green mango's strong acid killed the coconut cream, so I couldn't really taste it while the *tausi* and red egg's salty flavors played well with the tuna and tomatoes. The cucumber's refreshing taste accentuated the sharp ones of the onions, ginger, and radish pieces. This is a good serving of *kinilaw*. I'd suggest ordering all variants for a first visit, then sticking to a favorite after.

Rating: 4/5



Zig Naguiat

Sergio Naguiat likes his raw fish. And he's also a wannabe poet. Wait... where are you going? He's got some dope rhymes he'll be busting out with *kinilaw*, *singaw*, *takaw*... No? Fine!



| 5 | ALAB

67 Scout Rallos Street
near Tomas Morato
Avenue, Sacred Heart,
Quezon City
(02) 364-9631

Kinilaw na Isda (P280)

Wow, it's almost too pretty to eat. Almost. After I mixed it up, I took my first bite. The fish was firm, and very fresh-tasting. Cut to medium-sized chunks, they were easy to eat. Sliced red onions, bell peppers, and cucumbers added a welcome crunch to the dish. The vinegar used was light and pleasant to the tongue, not being overly sour. Green chilies added a welcome element of heat to the cold dish and fresh ginger gave the *kinilaw* a sharp sweetness. A very basic dish done well, it's a good starting dish for first-timers.

Rating: 4/5



| 6 | CERCHIO

76 Scout Limbaga near Tomas Morato, Brgy. Laging Handa,
Quezon City

Thai Sinuglaw (P380)

Sinuglaw is a variant of *kinilaw* that adds grilled pork to the dish. As I received this, I was thinking though: what makes this dish "Thai"? I guess I'll find out. The *tanigue* had a firm texture to it, and since it was freshly made, was still raw in the center, not having been steeped in the vinegar too long. The pork was grilled to a perfect tenderness, cut into pieces that could be speared along with the fish. The vinegar was not too sour, and the ginger, chilies, and sliced leeks added extra flavor. At the end though, my question was left unanswered, as nothing about it seemed "Thai." It was fancy-looking, sure, but this was just an average dish that barely stood out.

Rating: 3.5/5



Bibingka

Words by **Nina Daza-Puyat** and **Janelle Año**
Photographed by **Krizia Cruz**

BIBINGKANG GALAPONG IS AVAILABLE ALL YEAR ROUND, but it becomes especially popular come Christmas time, when the classic *bibingka* and *puto bumbong* pairing is eaten after *simbang gabi*. When people say “bibingka,” they are usually referring to *bibingkang galapong*, although other varieties include *bibingkang malagkit*, *bibingkang Mandaue*, and *bibingkang kamoteng kahoy*. It’s best enjoyed with *kapeng barako*, *tsokolate eh*, or *salabat*.

Bibingkang galapong is made with ground rice, eggs, water and sugar, although milk and/or *gata* can bring a richer flavor. Another beaten egg is added just before the batter is poured into the round clay plate lined with banana leaves. The traditional way of cooking *bibingka* is charcoal-baked from both the top and bottom using a *kalan* clay pot at the bottom, and another metal tray lined with charcoal, fitted with wire handles. *Niyog* casings, wood, and pili nut shells are also used in addition to charcoal.

Experienced *bibingka* makers know how to regulate the heat from the charcoal by transferring bigger and smaller pieces here and there, from one *kalan* to another. Too little heat can produce

cake that is still raw in the middle while too much heat can overbake the cake.

When the *bibingka* is halfway done, strips of banana leaves are carefully laid across the top of the cake to prevent too many burnt spots. This results in its signature aroma of toasted banana leaves and slight smokiness from the charcoal. After it is baked, the puffed up top is generously brushed with butter, sprinkled with sugar and served with freshly grated coconut.

As for its origins, some anthropologists believe that it came from the Chinese (“bi” is the Chinese word for “rice”) while some believe that it is more similar to Goan sweet cakes (*bebinca*). Amy Besa, in *Memories of Philippine Kitchens*, writes: “My personal theory is that *bibingka* in the Philippines is a homegrown product. [...] The term [*bibingka*] might have been applied to these Filipino cakes by Portuguese traders, who noted similarities to the *bebinca* of their colonies. No matter where the term *bibingka* comes from, these native cakes are an integral part of our heritage and one cannot think of Philippine foodways without the *bibingka*.” 🍴

Queso
de Bola

Itlog
na Maalat

Kesong
Puti

Freshly
Grated
Niyog



Heart & Home

Whether you're planning to spend the holidays at home or do some travelling, we've got something for you. Find out the history behind Christmas *panaderia* favorites and *bibingka galapong*, or plan your next trip with our Cagayan de Oro and Santiago de Compostela stories!

the bite | 72

Bibingkang Galapong

special feature | 74

The Bread Basket

travel | 80

Cagayan de Oro's Cogon Market
Santiago de Compostela

feedback | 90

Health and Healing

i have an appetite | 96

Leni Robredo





The Bread Basket

REVISITING TRADITIONAL
FILIPINO CHRISTMAS BREADS

Words by **Jenny B. Orillos**
Photographed by **Floyd Jhocson of Studio 100**
Art direction by **Regine Paola Velilla**
Additional photos from **Panaderia: Philippine Bread, Biscuits and Bakery Traditions**

Flattening the
ensaymada
dough



You can buy your
ensaymada at **Hizon's
Bakeshop in Manila, Imang
Salud Ensaimada** at the
Legazpi Sunday Market in
Makati, **Pasteleria Mallorca**
in Quezon City, **Eurobake**
in Bulacan, and **Felicia's** in
Bacolod.

Ensaymada ready for
baking at Casa Moderna

The same goes for Christmas breads. While Amy Uy and I were researching for our book, *Panaderia*, we came across a newspaper advertisement in 1940 of Maria Luisa's Bakery in Cubao, Quezon City which promoted its "*masasarap na tinapay para sa Pasko*". These include *ensaymada* and biscuits such as *camachile*, *galletas*, *merengue*, *londres*, and *mamon tostado*.

International Christmas breads such as the *panettone* and *stollen* may be spiced and spiked with cinnamon, ginger and rum, and studded with glazed fruits, nuts and raisins but Filipino Christmas breads have their own festive character. *Ensaymada* is rich in butter and accented with a cloud of grated Edam cheese and ham. *Lechon* bread is extra special because it represents the king of the Filipino fiesta, the roasted pig. Pan Amerikano may be a plain Jane but alongside the savory dishes, this bread completes the holiday celebrations.

Ensaymada

In the provinces of Bulacan and Pampanga, the coiled *ensaymada* is part of the traditional Christmas menu. *Ensaymada* is made from the family's heirloom recipe or bought from the town's renowned bakers. On Christmas morning, the bread is sliced into wedges and served with native hot chocolate for breakfast.

The Filipino *ensaymada* is a variation of the Spanish *ensaimada*, which is

leaner and flakier. The bread takes its name from *sa'im*, which is fine pork lard in Arabic. Traditional *ensaymada* takes half a day to produce because it's made using the sponge and dough method, with an hour or two of rising in between its three stages. A sponge is fermented first out of water, yeast, and flour. Then, egg yolks, sugar, and flour are added to the sponge. The last stage is to make the dough with more eggs, butter and flour, then combine it with the sponge.

Portions of the dough are then flattened, spread with softened butter on its surface, and coiled in the shape of a snail. In Pampango recipes, grated Edam cheese is sprinkled on the flattened (and buttered) dough before shaping. After the breads are baked and cooled, it is topped with butter, sugar, and grated cheese. Bulacan's version is topped with slices of ham or salted duck's eggs (sometimes both).

Lechon Bread

Domalaon Bakery in Antipolo, Rizal is renowned for its *lechon de leche* bread around Christmas time. You'd think the bakery makes dozens of roasted pig in its ovens, but the bread is actually made from *monay* dough (sweet, milky bread with a smooth, light brown skin). Each lechon bread is hand-formed, complete with floppy ears, raisins for eyes, a snout, curly tail and burnished skin (from egg wash). Buyers love giving it as gifts or as a centerpiece on the Noche Buena table, in lieu of the real (and more expensive) *lechon*.

FOR MANY
FILIPINO
FAMILIES,
CHRISTMAS
MEANS
GATHERING
EVERYONE TO
COOK

TOGETHER, PARTAKE OF BELOVED
FESTIVE DISHES, AND SHARE
HOLIDAY STORIES. *Lechon*, *paella*,
callos, *lengua estofado*, ham, *morcon*,
embutido, macaroni salad, *leche flan*, and
fruit salad make its yearly appearance in
many Yuletide tables.





special feature | Christmas Breads

You'll always find the loaf bread in supermarkets and grocery stores. But in its heyday in **Cavite City**, the selling of the pan Amerikano spills over to the **sidewalks near the market**, as if to herald the arrival of Christmas.

Rows of loaf bread at Panaderia Pantoja in Batangas



Lechon bread at Domalaon Bakery



Lechon de leche breads are made by **special order**, such as in **Kawilihan Bakery** in Anonas, Quezon City. But you can spot them at larger branches of the Julie's Bakeshop chains.

Pan Americano

It is known by many names—Pullman, Tasty, pan Amerikano—but it is simply a loaf of white bread. Older Cavite City bakeries such as Dizon's Bakery and Pat's Cake House learned how to make the loaf bread to supply the Americans stationed at Sangley Point until 1971 when the naval base closed down.

When loaf bread is baked in a tin mould with an open top, it is known as Pullman or *kubang* Tasty, as they call it in a bakery in Cotabato City, referring to the rounded “hunchback” top. “Tasty” is taken from a popular brand of loaf bread in the U.S.

In an essay in Philippine Graphic, Nick Joaquin recalls pan Amerikano as part of the midnight meals on Christmas and New Year's Eve. Even now, we make it into sandwiches with slices of ham or *quezo de bola* or serve it with *pancit* and spaghetti.

Loaf bread is traditionally made using sponge and dough method, which gives it a better flavor and aroma. But when demand for the loaf rises during the holiday season, it can be made using the straight dough or no-time dough methods which require lesser fermentation periods. 🍴



Filipino Christmas breads are just some of the traditional bakery products featured in **Panaderia: Philippine Bread, Biscuit and Bakery Traditions** (Anvil, 2015). Authors Amy A. Uy and Jenny B. Orillos scoured the country in search of breads, biscuits, cakes, and pastries from the panaderia. The authors met as winners at the 2008 Doreen G. Fernandez Food Writing Award. *Panaderia* takes us on an intimate journey to the *panaderia*, its bakers and products, history, and breadmaking traditions. Chef Jill Sandique provided the recipes, with Michaela Fenix as editor and Pie David as art director. *Panaderia* was in the National Bookstore bestsellers list for four consecutive months since its launching in May 2015.



PULLMAN (AMERICAN BREAD)

Recipe by Jill Sandique

Makes 2 loaves

INGREDIENTS:

1 Tbsp	Active dry yeast
2 cups	Water
1 tsp	Granulated sugar
¼ cup	Vegetable shortening
2 Tbsps	Corn or vegetable oil
½ cup	Granulated sugar
8-9 cups	Sifted all-purpose flour
2 ½ - 3 tsps	Salt
	•Vegetable oil, for greasing bowl

PROCEDURE:

1. In a bowl, disperse yeast in water. Add granulated sugar. Whisk well and set aside for 10-15 minutes, or until bubbly.
2. To the same bowl, add the vegetable shortening, vegetable oil, sugar, all-purpose flour, and salt. Knead well.
3. Grease another bowl. Form dough into a ball and place into the greased bowl. Ferment until double in size.
4. Meanwhile, grease two loaf pans with vegetable oil or shortening.
5. When ready, punch down the dough and divide into two. Shape into loaves and place into the greased pans. Proof until double in bulk.
6. Preheat oven to 350°F. Bake for 40-45 minutes or until done. Cool in pan for 10 minutes then unmold. Transfer to a cooling rack then cool completely.



special feature | Christmas Breads

ENSAIMADA ESPECIAL

Recipe by **Jill Sandique**

Makes 16 (65g) pieces or 4 (260g) pieces

INGREDIENTS:

FIRST STAGE (SPONGE):

¼ cup	Evaporated milk
½ cup	Water
2 ¼ tsps	Active dry or instant yeast
2 tsps	Granulated sugar
½ cup	Sifted all-purpose flour

PROCEDURE:

1. Put together evaporated milk and water in a medium bowl. Disperse yeast over liquid and add the granulated sugar. Set aside for 1 minute then whisk to dissolve.
2. Stir in flour and mix just until blended. Cover with plastic film and set aside in a warm, draft-free place for 30-45 minutes.

SECOND STAGE:

3	Egg yolks
¼ cup	Granulated sugar
¼ tsp	Active dry or instant yeast
1 cup	Sifted all-purpose flour

PROCEDURE:

1. To the sponge, add the egg yolks, granulated sugar, and yeast. Mix well.
2. Stir in the flour and cover with plastic film. Set aside for another 30 minutes.

THIRD STAGE (DOUGH):

3	Egg yolks
⅔ cup	Butter, softened
3 Tbsps	Vegetable oil
3 Tbsps	Granulated sugar
½ tsp	Salt
2 cups	Sifted all-purpose flour plus more for dusting
	•Vegetable oil or shortening, for greasing bowl and pan
½ - 1 cup	Melted butter, for brushing the dough

PROCEDURE:

1. To the sponge mixture in the bowl, add the egg yolks, butter, oil, granulated sugar, salt, and flour. Transfer mixture to a mixer bowl and knead for 8 - 10 minutes at low speed, or until smooth and elastic. (For manual kneading transfer mixture to a lightly floured surface.)



2. Meanwhile, grease a large bowl with vegetable oil or shortening.
3. Form the dough into a ball and put into prepared bowl. Cover bowl with plastic film and set aside in a warm, draft-free area. Let the dough rise for 1 ½ - 2 hours, or until double the volume.
4. Meanwhile, grease 16 medium *ensaimada* molds or several baking trays with vegetable oil or shortening. The number of baking trays will depend on the size of the *ensaimada*.
5. When the dough has risen, invert it onto a clean surface and divide into 16 pieces, about 60-65g each.
6. With a rolling pin, roll out each piece of dough into a rectangle, about 6 inches wide and 10-12 inches long. The dough must be rolled out as thinly as possible, without tearing the dough.
7. Brush the paper-thin dough with melted butter, leaving a 1-inch margin without butter, on the far side of the dough.
8. Roll up the dough away from you, and pinch along the unbuttered edge to seal.
9. Stretch the dough to about 14-16 inches in length, then hold one end of the dough with your thumb and forefinger. Using your other hand, coil the dough around the end that you are holding to form a "snail."
10. Tuck the end of the dough underneath the coil. Lay the coiled dough on prepared molds or tray. Repeat procedure with the remaining dough.
11. Loosely cover molds or tray with plastic film and set aside in a warm, draft-free place. Proof dough for 1 ½ to 2 hours or until volume has doubled.
12. Preheat oven to 325°F. Bake the dough for 15 minutes or until done. Remove from oven and brush top with more butter.
13. Cool in pan for 15 to 20 minutes then unmold. Transfer to a cooling rack and cool completely.

TOPPING:

1 cup	Butter, softened
1 to 2 cups	Granulated sugar

PROCEDURE:

Cream together butter and granulated sugar. Spread this mixture on top of the cooled *ensaimada*.

Chef's Notes

● The dough must be very soft so be careful about adding more flour which may cause the resulting bread to be tough and dry.

● The oil has a tendency to ooze out of the dough. This can be remedied by simply turning the dough inside out right after kneading.

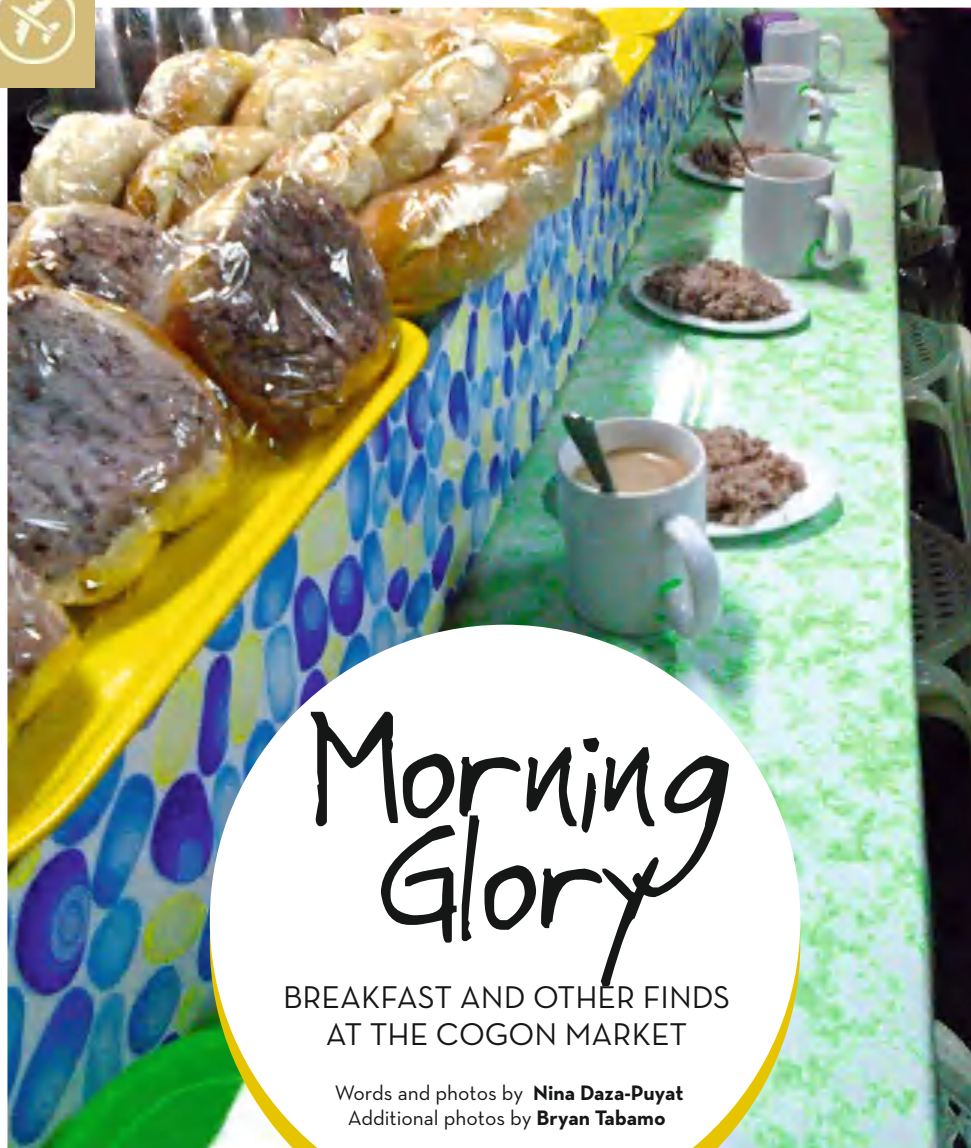
● Instead of spreading the *ensaimada* with the creamed butter-sugar mixture, the butter can be melted and brushed on top of the cooled *ensaimada*. After brushing, immediately dip the buttered surface on a plateful of sugar.



Celebrate Christmas Cravings With Us

For catering and events:
623 2583 | 0917 898 1937
www.my-cravings.com

cravings
27
YEARS



Morning Glory

BREAKFAST AND OTHER FINDS
AT THE COGON MARKET

Words and photos by **Nina Daza-Puyat**
Additional photos by **Bryan Tabamo**



**HAVE
YOU EVER
HEARD
OF THE
FILIPINO
EXPRESSION
“GAYA-GAYA
PUTO MAYA?”**

Children of my generation called this out to a playmate who was a copycat, but we never really knew what *puto maya* actually was. Undoubtedly chosen to rhyme with *gaya*, many of us may still be wondering: is *puto maya* similar to the soft and fluffy steamed rice cake that we know and love?

I was to discover just recently that *puto maya* is the farthest thing from what I imagined it to be. While visiting

Cagayan de Oro as one of the judges for Kumbira 2015, I had the chance to visit the Cogon Market with the sole purpose of sampling some *puto maya*. It was PDI food columnist and author Micky Fenix who brought up the idea for us to sample this local breakfast delicacy and our hosts graciously obliged. After an early morning pick up at the hotel accompanied by Cagayanons Josy Aliñabon, VP of COHARA (Cagayan de Oro Hotel and Restaurant Association), and Chay Acenas of Nestlé, we made our way inside the public market until we reached a cluster of eateries already humming with activity and the palpable energy of locals in a hurry to start their day.

We found Nanol's, reportedly one of the more popular stalls even among people in the area. We promptly ordered *puto maya*



Puto maya in its final stage of cooking



Puto maya by the spoonful

and *sikwate*, the hot chocolate drink of local *tablea* and evaporated milk. Imagine my surprise when our orders arrived: the *puto maya* was not a light and fluffy rice cake after all, but a solid, heavy mass of sticky rice.

Further questioning revealed that *puto maya* is made with glutinous white rice combined with glutinous purple rice called *tapol*. The rice is soaked in water for hours until the grains swell, and then cooked in light coconut milk (*unang piga*) flavored with sugar, some salt and a hint of fresh ginger. When the rice is almost cooked, another dose of richer coconut cream is added to finish it off, giving the two-toned rice a glorious sheen.

Armed with a spoon, I took my first bite of *puto maya*. It was still warm and fragrant—somewhat nutty and chewy, but not particularly flavorful. I thought it needed a boost of sweetness so I sprinkled some white sugar granules on top and that did the trick.

Soon, I demolished the entire serving of *puto maya* in between sips of the creamy, bittersweet *sikwate*. And what a filling breakfast it was—all for only 23 pesos!

Puto maya is actually an all-day snack too, with buyers ordering it on bread buns as *palaman* for a carbo-loaded sandwich, or plain *puto maya* for take away in banana leaf-wrapped cones.

The Cogon Market Scene



Sikwate made with local *tablea*



Portable *puto maya*



Puto maya bun

During our visit, an elderly *manang* was busy preparing the next batch of *puto maya* behind the counter, stirring a giant pot of piping hot rice with a long wooden paddle. It was fascinating to watch how she did this so rhythmically and almost effortlessly, while the clouds of steam enveloped her arms. Surprisingly, the grains of rice remained whole and intact despite the brusque manner the sticky mass was being mixed.

With our bellies warmed and full, we navigated the other sections of the market with the energy-giving carbs of *puto maya*. Although the monicker it is associated with means copycat, I can confidently say that there's nothing quite like it. 🍴

Roasted peanuts ▶ and peanut butter

Ready for *kinilaw*: portioned packs of *tabon-tabon*, *suwa*, *sili*, *luya* and *sibuyas* for P25



▲ This dried fish vendor shows off a giant *daing*

A section of the market is dedicated to halal food ▶



Bagoong in all forms, colors, and smells! ▶



▲ *Malasugi* fish is a popular choice for *kinilaw* because of its firm flesh





travel | Santiago de Compostela

BUEN CAMINO!

in Santiago de Compostela

AN UNFORGETTABLE PILGRIMAGE TO THIS
AMAZING SPANISH REGION IS MARKED
WITH SPIRITUAL HEALING, INCREDIBLE
SIGHTS, AND DELICIOUS FOOD

Words and photos by **Filomeno S. Sta. Ana III**

Additional photos by **Erron Ocampo**

The mighty clock tower or Torre da Trindade
of the Catedral de Santiago de Compostela





The view of the medieval Galician town of Tui in Spain



Impressive façade of a *paradores* or luxury hotel



The cathedral's left bell tower

THANKS TO THE EPIC PHILIPPINE FILM HENERAL LUNA, MORE AND MORE FILIPINOS HAVE BECOME ACQUAINTED WITH THE NAME BUENCAMINO. The widely acclaimed film—a fiction based on historical facts—depicted Felipe Buencamino, together with Emilio Aguinaldo and Pedro Paterno, as the nemesis and the anathema of the heroic Antonio Luna. The Buencamino role was jarringly portrayed by Felipe's descendant, the thespian Nonie Buencamino, so much so that a Buencamino of the millennial generation branded another relative

named Noni (frequently mistaken for being the actor Nonie) a traitor. Bad.

But in Spanish, *buen camino* means a “good way” or a “good path.” And it is the common greeting—the equivalent of “hello,” “bon voyage,” or “have a good pilgrimage” among the *peregrinos* or pilgrims who walk a hundred kilometers—some traveling a thousand kilometers or more—from different parts of Europe to reach the final destination that is Santiago de Compostela. This pilgrimage is called Camino de Santiago.

A *peregrino* earns a *compostela*, a kind of certificate or diploma, which attests to the completion of the pilgrimage. To obtain the *compostela*, a pilgrim must walk at least the last 100 kilometers to Santiago.

The proof of completion is established through a *credencial* (or the pilgrim's passport). Along the way, the pilgrim has his or her *credencial* stamped by *albergues* (hostels) and *paradores* (luxury hotels), inns and shops, cafés and restaurants, churches and museums, and other establishments.

Although many profess a religious or spiritual motivation, the pilgrims are also undoubtedly tourists. In 2013, the Pilgrims' Office at Santiago reported a total of 215,880 pilgrims, the overwhelming majority of whom consists of Spaniards and other Europeans as well as North Americans.



travel | Santiago de Compostela

The number of Filipino pilgrims is also recorded. My sister, several family friends, and I were part of the 2013 pilgrimage made by 142 Filipinos. We walked the Camino Frances, starting from the Galician town of Sarria.

We did the Camino de Santiago this year during the autumn season which promised a cooler climate though it did rain a lot. It was a time for harvest when the foliage was changing in color and there were less pilgrims and tourists. This time, we did the Camino Portugues, starting from Portugal's border town of Valença do Minho. Our group covered a distance of 120 kilometers in six days.

Admittedly, in my first Camino de Santiago, I pretended to have a religious objective but wrapped in the cloak of cultural tourism. It was about curiosity, fun, and adventure. But the second Camino de Santiago was very different. The walk was first and foremost spiritual. It acquired a deeper meaning because it was part of my grieving in the wake of my wife's unexpected passing last August. In the first Camino, I felt obligated to attend mass daily to accompany my religious companions. But in the second journey, I found the church and the mass as well as



The interior nave and choir leading up to the altar



A quaint town in the Galicia region

the natural and unspoiled environment as a means to meditate and commune with my wife Mae and her Creator. And throughout the journey, Mae became my guardian angel.

The Camino de Santiago is wondrous. The unadorned beauty of nature inspires awe—mountains, hills and valleys, forests and meadows, brooks and rivers, pastures and vineyards, and wildlife sanctuaries. We traversed trails, Roman roads, and ancient bridges. We entered bucolic villages and medieval towns, fortresses, churches, and monasteries. We saw unique structures like the *cruceiros* (stone crosses) and the *horreos* (granaries raised from the ground).

THE CULINARY EXPERIENCE

Part of the *buen camino*'s wonder is the richness of the culinary experience. For a spiritual journey that is physically demanding and emotionally draining for a grieving person, the nourishment of body and soul is essential. It is thus a blessing that, thanks to its long seacoast and capes where ocean meets rivers,

Galicia has exceptional seafood.

Noteworthy are its *mariscos* (shellfish) and *pulpo à la Gallega* (octopus).

The Galician way of preparing the *pulpo* is to make it tender and flavor it with olive oil, paprika, diced potatoes, and some rock salt. The town of Melide, along the French route, claims to serve the best *pulpo*.

The shellfish is also astonishingly diverse: the *percebes* (barnacles), crabs, lobsters, different kinds of clams (like *almejas*, *navajas*, and *berberechos*), mussels (*mejillones*), and of course, the scallops (*vieiras* and *zamboriñas*), the symbol of the Camino de Santiago.

Another fish delicacy that is popular in Galicia is the *merzula* (or hake). The fish is commonly served in the restaurants along the different Camino routes, as part of the pilgrims' menu of the day. The menu of the day consists of



Padron peppers that are salted and cooked with olive oil



three courses—soup or salad, fish or meat, and dessert plus wine and coffee—costing between eight to twelve euros.

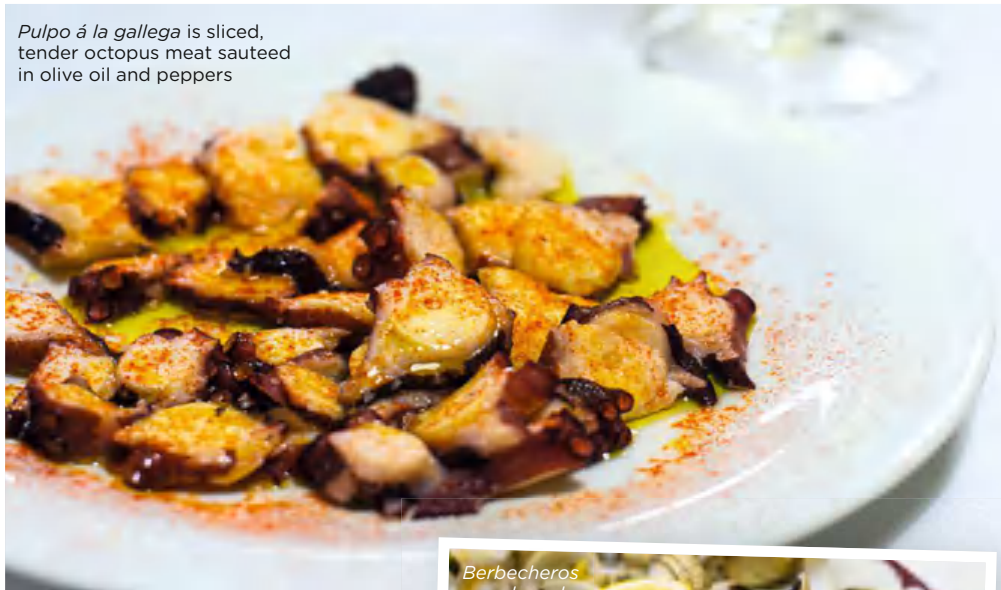
The freshest seafood can be sourced and cooked at the market in Santiago de Compostela. The restaurants along the seafront at Finisterre (which literally means “the end of the earth”) also offer a wide choice of seafood dishes.

Galicia is known for its local cheeses like the *tetilla*, a creamy cow’s milk cheese that has the shape of a cone like a woman’s breast, and the San Simon da Costa, a smoky cow’s milk cheese.

Galicia also produces excellent white wine, spread out in five denominated wine regions. The Albariño is light, and can be mistaken for a Riesling. As for desserts, the Tarta de Santiago, an almond cake, stands out.

While some towns have their specialty products, most of the produce I mentioned can still be easily found anywhere in Galicia, so whatever route the *peregrino* takes, he or she will encounter these delights.

Pulpo á la gallega is sliced, tender octopus meat sauteed in olive oil and peppers



The perfect pairing of white wine and fresh seafood



Berbecheros en salada de vino blanco



We bought a highly rated unfortified white wine from the Douro region, which was on sale for 1.95 euros per bottle!

From this fortress town, we crossed the 19th century international bridge that connects Portugal and Spain. The Rio Minho separates these two countries, and the first Spanish town upon crossing the bridge is Tui, once a Roman settlement. The hilltop cathedral is Tui’s most prominent architecture. It is massive and combines the late Romanesque and Gothic styles.

Passing through a medieval bridge, forest paths, vineyards, and pastures, we reached O Porrino, a small town with several quaint chapels and a town hall made of granite that looks like a castle. The town takes pride in its *callos*, a dish made of beef tripe plus pig’s feet, chorizo and ham.

The next stage to reach is Redondela, which overlooks the bay. The journey moves uphill and downhill, passing through vineyards and pine forests and using footpaths along streams.

The walk from Redondela to Pontevedra is interesting for different reasons. Not even the torrential rain and the gusty wind that we encountered could dampen our enthusiasm. Ponte de Sampaio, originally a Roman bridge,

THE CAMINO PORTUGUES

The Galician region of Spain and its neighboring country, Portugal have important similarities: in language, culture, food and wine. That is why the Camino de Portugues has the Galician feel.

The Camino Portugues is less traveled, compared to the French route. The route is thus ideal for those who prefer a Camino that is more meditative. Some pilgrims begin their journey in Lisbon or Porto while others choose to begin at the border of Portugal and Spain.

Valença do Minho is a walled town on top of a hill. It is similar to Manila’s Intramuros, but is grander and well-preserved. Here, one can buy inexpensive but good Portuguese wine, like the Vinho Verde, which is young and light. Low-priced wine is not necessarily mediocre.



travel | Santiago de Compostela



Camino de Santiago stone markers for *peregrinos*

The Route to Camino De Santiago

The Camino de Santiago is named in honor of San Tiago or Saint James whose remains are found in what is now the capital of Galicia, Spain. It is said that the body of Saint James was transported by boat from Jerusalem to Galicia. The pilgrimage can be traced as far back as the 9th century.

Today, after the Vatican (together with Rome), Santiago de Compostela rivals Fatima and Lourdes in being the second most visited Catholic pilgrimage site in Europe. During the Middle Ages, Santiago de Compostela was the principal pilgrimage site for Christians.

The Camino de Santiago has several routes, including Camino Frances, Camino Portugues, Camino del Norte, Via de la Plata, Camino Primitivo, Camino Ingles, and Muxia-Finisterre. The most popular one is the Camino Frances; about 70 percent of more than 200,000 pilgrims walk this path every year.

was the site of a battle where Napoleon's French army suffered one of its worst defeats. The view from the bridge where the Verdugo river mouth meets the sea is spectacular. And in the town of Arcade, the oysters are most tender and succulent, and the *castañeta* (pomfret) is fresh and fleshy.

Pontevedra is a medieval city that features Baroque and Gothic architecture. Praza de Peregrina (the pilgrims' chapel), which has an ornate façade, and the nearby squares constitute the town center's core.

Eateries are aplenty. The choices though are limited on a Sunday when many restaurants close. We chanced upon the centrally located Pinto Viño, a tapas bar that offers traditional yet innovative Galician cooking. Its *angulas* (baby eels), *carrilleras de cerdo* (pork cheeks), cheeses, and cured meat, including *jamon Iberico*, are winners.

The next major stops after Pontevedra are Caldas de Reis and Padrón, Caldas de Reis is known for its thermal bath while Padrón, according to legend, is the location of the big ancient stone where the boat of Saint James was moored. Padrón is also famous for the *pimientos de Padrón*, salted green peppers fried in olive oil.

The final trek from Padrón to Santiago de Compostela covers 24 kilometers. But

the walk seems interminable because of the steep ascent towards Santiago and the mazes and detours that the *peregrinos* encounter as they enter the city.

Santiago de Compostela is one of Spain's and Europe's most captivating cultural cities. Santiago's crown jewel is the majestic cathedral. It also boasts of other grand monuments that span the Romanesque, Gothic, and Baroque periods. But being a university town, Santiago is also modern with a youthful population being a university town. The convergence of a mass of students with a legion of pilgrims and tourists punctuate the liveliness and diversity of the town.

Although the majority of the pilgrims end their walk after visiting the Santiago shrine, quite a few continue the journey to the "end of the world," which is Finisterre, or to Muxia, another Galician coastal town. Both Finisterre and Muxia have spectacular seascapes, and they both belong to the "seafood coast."

After having done the Camino de Santiago twice, we asked ourselves whether we would do it again. It is hard to answer because the walk really requires a lot of effort. But one thing is clear: the whole experience—the spiritual and cultural aspects plus the experience of savoring the exceptional cuisine of Galicia—will forever be etched in our memories. 🍴

Pilgrims will encounter many small town markets along the way



Suite Treats

GIVE IN TO THESE LUXURY
HOTEL GIFT HAMPERS THAT
WILL MAKE YOUR HOLIDAYS
MERRY AND BRIGHT

Produced by **Angeli De Rivera**

Photographed by **Grace Juliano**

Styled by **Joy Merryl Ngo**

Additional photos by **Joy Merryl Ngo**

The Sweet Indulgence Hamper from The Peninsula Manila

(Shot at the Peninsula Suite)

Exclusive European finds, a signature bubbly and a heart-warming cuddle buddy are some of the contents of this fabulous medium-sized offering from the Pen.

Goodies:

The Peninsula Champagne (375 ml)
The Peninsula festive Chocolate Box (8 pcs)
The Peninsula Snow Page Plush Toy
Annas Pepparkakor (300g)
Gianduiotti (190g)
Traditional Christmas Stollen Bread
Pannetoncino (100g)
Mango Chocolates (12 pcs)
Chocolate Santa

P8,700+ (additional charge for deliveries below P10,000)

CORNER OF AYALA AND MAKATI AVENUES, MAKATI CITY
(02) 887-2888. MANILA.PENINSULA.COM





Delectable Confections from Diamond Hotel

Macarons, éclairs, cookies—oh my! Famous for the sweets coming out of their doors, Diamond Hotel impresses with their latest candy-colored holiday offerings.

Goodies:
Christmas Éclairs (2 pcs large or 5 pcs small) **P195**
Cookies (Box of 6) **P195**
Lollipop Macarons (Box of 8) **P600**
Macarons (Box of 12) **P800**
Orange Sponge Cake **P780**
Pralines (Box of 6) **P395**

ROXAS BLVD. CORNER DR. J. QUINTOS STREET,
MANILA. (02) 528-3000, 305-3000.
DIAMONDHOTEL.COM

Filipino Artisan Luggage Hamper from Sofitel Philippine Plaza

(Shot at La Veranda)

The ideal gift for a frequent jet-setter, Sofitel's luxe luggage hamper brims with artisanal Filipino picks that will bring your gift's recipient a little closer to home.

Goodies:
Large Santa
Honeywine Single Wooden Box
Coconut Nectar Syrup
Cocoa Tableya in Box
Pure Honey (300g)
Muscovado Sugar in Bottle
Island Mango Preserves
Guyabano Preserves
P5,200

CCP COMPLEX, ROXAS BOULEVARD, PASAY CITY
(02) 551-5555. SOFITELMANILA.COM



Cru Gift Boxes from Marriot Hotel Manila

(Shot at CRU Steakhouse)

A meal at Marriot's signature steakhouse is always a delight. To be able to share the experience with another through their specialty steak gift boxes is a splendid present, indeed.

Goodies:

Certified Angus Beef USDA Prime Rib Eye, 350g (4 pcs)
Signature Cru Spice Mix & Truffle Mustard
P7,500

Certified Angus Beef USDA Prime Tenderloin, 350g (2 pcs)
Signature Cru Spice Mix & Truffle Mustard
Certified Angus Beef steak knives (2 pcs)
P9,000

NEWPORT BOULEVARD, NEWPORT COMPLEX,
PASAY CITY (02) 988-9999. MANILAMARRIOT.COM



Silver Bells Christmas Hamper from Edsa Shangri-La

(Shot at the Tower Wing Deluxe Suite)

From lip-smacking spreads, lovely baked items and scrumptious chocolate-y bites—this holiday offering from Edsa Shangri-La is a drawer full of surprises.

Goodies:

Chocolate Santa
Iced Christmas Cookies
Stollen Loaf
Apple Spiced Banana Bread
Christmas Jam
Panettone Loaf
Christmas Kouglof
Christmas Pralines
Mince Pies
Raspberry Macaroons
Almond Cluster
P5,500

1 GARDENWAY, ORTIGAS CENTER,
MANDALUYONG CITY. (02) 633-8888.
WWW.SHANGRI-LA.COM/EN/MANILA/EDSASHANGRILA



feedback

Feedback features different groups that conduct feeding programs for the less fortunate



Health and Healing

HAPAG-ASA CONTINUES ITS MISSION TO NOURISH THE BODY AND MIND

Words by **Yllaine Sabenecio**
Photographed by **Greg Mayo**
Special thanks to **Sapporo Products Inc.**

IN THE PHILIPPINES, 3 OUT OF 10 CHILDREN FROM INFANCY TO AGE TEN ARE MALNOURISHED. These children don't have access to healthy food, which is essential for their brain development and physical growth. A malnourished child can have impaired mental development that may cause him to have difficulty concentrating in school. Malnourished children are also more susceptible to different diseases. If today's children are supposed to be the future of the country, how can they succeed in life if they can't even concentrate on their studies because they're hungry?

Launched in 2005 by Cardinal Gaudencio Rosales' Pondo ng Pinoy Community Foundation (PnPCFI), Hapag-Asa helps children living in impoverished communities get the proper nutrition they need. With the help of some organizations and donors, Hapag-Asa provides logistical and technical assistance to coordinate with local dioceses, NGOs, and LGUs.

The group believes that feeding programs are not the only answer in giving the children a better chance to succeed in life. Hapag-Asa also provides holistic formation through supplemental feeding, education, livelihood and skills training for parents to support their families and communities.

SUPPLEMENTAL FEEDING

Hapag-Asa selects their outreach's recipients through the data provided by a *barangay* program called Operation Timbang, a yearly mandatory government project where children from each school are weighed and checked. Priority is given to children 6 years old and below because this is when a child's rapid brain development and physical growth occurs.

The feeding is done once a day, five days a week for 6 months. The children's meals are mixed with Manna Pack, a formula consisting of rice, soy nuggets for protein, vitamins and minerals for the critical nutritional element, and dehydrated vegetables for flavor and nutrition. Parents also help with the feeding as they cook the meals and bring the casseroles, plates, and other necessities in the day to day operations.

Aside from the children, the program also feeds underweight pregnant and lactating women. The group believes that healthy

living does not start when a person is born. It should start with the pregnant mother whose baby should already be receiving nutrients inside the womb.

EDUCATION

The educational component of the program consists of two parts: Early Childhood Education and Parents' Education Classes. Early Childhood Education consists of unstructured fun learning activities for children ages 2 to 6 years who are not yet attending school. Three learning areas are covered 2-3 times a week during a 6-month period: practical life skills and values, reading readiness, and music and arts. The education classes for parents are conducted simultaneously with the feeding covering the following topics: their role as a parent, health and nutrition education, and responsible parenthood. These classes are conducted for 1-2 hours up to half a day, once a week for 6 months.

LIVELIHOOD AND SKILLS TRAINING

Hapag-Asa provides skills training and livelihood as well as employment opportunities to help parents in partnership with government and non-government organizations. An example of Hapag-Asa's programs is their SHeG or Self-Help Group approach. It is a development model that has been "proven effective at giving poor and marginalized people a stronger economic, social, and political voice."

In this program, Hapag-Asa chooses 15 to 20 women from the poorest families to form a group living in the same community or *barangay*. Collectively, the members design the mechanics and policies to be followed and implemented by the group. Using their savings from their weekly monetary collections, they can also use the savings as capital for livelihood activities and/or personal loans.

"The growth of a country depends on good nutrition [of the children]. That's why we do the feeding. [But] if you just feed, after 6 months *babalik ulit sa pagiging malnourished ang bata*. There should be sustainable mechanisms to make sure that the children will not grow hungry again," Florinda Lacanlalay, Hapag-Asa's program manager shares. "We are not only feeding the body of the children. We try to make [the feeding] complete. [We want to] develop the child holistically." 🍴



Manna Pack is a complete meal on its own, consisting of rice, soy nuggets, vitamins and minerals, and vegetables



How to Help

For donations, kindly deposit to any of the following bank accounts:

Account name:
PONDO NG PINOY - HAPAG-ASA

Account numbers:
BPI: 3061-0858-22
Metrobank: 175-7175-50963-8
Banco de Oro: 2638-00407-0
China Bank: 103-57972-19
Security Bank: 141-026133-002



Demystifying Chinese Food

Do you want to learn how to cook Chinese food? **Phoenix Claws and Jade Trees** is a comprehensive cookbook where culinary instructor and restaurant consultant Kian Lam Kho shares the thrilling and transportive flavors of authentic Chinese cooking for eager cooks everywhere. Kho's unique teaching approach will help truly demystify Chinese cooking for the home cook with building-block techniques. *Phoenix Claws and Jade Trees* opens up a world of authentic Chinese cooking by breaking down recipes using basic techniques so that anyone can cook Chinese food at home.

PHOENIX CLAWS AND JADE TREES IS AVAILABLE IN LEADING BOOKSTORES NATIONWIDE



East Meets West at Buddha Bar

Since it opened its doors in 2012, **Buddha-Bar Manila** has elevated cosmopolitan dining to a whole new level with its unique and modern take on Asian cuisine. Here, you can escape into a world of inventive flavors and experience culinary genius all in one plate. They offer a wide selection of international cuisine, where Asian flavors fuse with the West. Buddha-Bar Manila offers exciting nouvelle cuisine that is delicious, balanced and visually appealing.

BUDDHA-BAR MANILA IS LOCATED AT PICAR PLATE, KALAYAAN AVE., MAKATI CITY. FOR RESERVATIONS, CALL (02) 856 6859, 856 6719, AND (0998) 983 3918. E-MAIL THEM AT [INFO@BUDDHABARMANILA.COM](mailto:info@buddhabarmanila.com)



Jam Session

Looking for the perfect food gift to give away this Christmas? **The Fruit Garden** offers two new bubbly flavors—Strawberry Champagne and Spiced Peach Champagne. The jams are cooked with sparkling wine from the French region of Champagne and bottled in The Fruit Garden's signature wave jars. The Fruit Garden also made new flavors inspired by local fruits: Lemon Marmalade, from Negros; Guava Violet Jam from General Santos, and Spiced Pineapple Raspberry Jam from Tagaytay.

THE FRUIT GARDEN IS AVAILABLE IN LEADING SUPERMARKETS NATIONWIDE



Bring the Holidays Home with Pan de Manila

Christmas in the Philippines means spending time with family and loved ones. This is how Zamboanga-based artist Jude Christopher JC Roxas depicted his illustrations in Pan de Manila's 2015 holiday packaging. With the theme "Himig ng Pasko" customers get to bring home their Pan de Manila purchases in bags and packs beautifully portraying our Philippine family traditions. From common street scenes to comical situations, Pan de Manila's latest holiday packaging surely celebrates what we love about Christmas.

THE "HIMIG NG PASKO" HOLIDAY PACKAGING IS AVAILABLE IN PAN DE MANILA BRANCHES AROUND METRO MANILA

Buon Giorno!

At **Italianni's**, mornings are made even better with their menu of fresh breakfast fare. Order the Pork Chop, which is marinated with garlic and sage, grilled just the way you like it. Try an Italian classic, the Garlic & Fennel Meat Loaf which has amazing flavors in every bite. And while others might opt to have this for lunch, consider the savory Steak & Egg or the Confit Salmon as indulgent breakfast options.

THE NEW BREAKFAST DISHES ARE AVAILABLE AT ITALIANI'S BONIFACIO HIGH STREET AND GREENBELT 2 BRANCHES



Sweet Meets Heat

Wingstop introduces another bold wing flavor to leave taste buds tingling with happiness. The Mango Habanero is made by pairing two unique flavors that would ordinarily be at odds. While its bright red color may clue you in on its potential heat, this flavor takes you for a ride, starting off with a gentle sweetness that fades to reveal a rush of solid spice packed with a pretty heavy punch.

AVAILABLE IN ALL WINGSTOP BRANCHES AROUND METRO MANILA



The Echo Store

The Echostore offers plenty of eco-friendly food products perfect for gifting to your loved ones. **Health T's** contain a set of Honest Herbs herbal tea sets that are for cleansing, energizing, refreshing and simply breathing well. **Loco About Choco** is a gift set of cacao that has been broken down into its sweetest parts: cacao nibs for snacking, chocolate powder for drinking and tablea for cooking.

NOW WITH STORES IN SERENDRA, SALCEDO VILLAGE, PODIUM MALL AND CENTRIS WALK QC; ANTIPOLO : CEBU CITY; DAVAO CITY AND ILOILO CITY. OR ORDER ONLINE SHOP.ECHOSTORE.PH



Fire it Up

X.O. Sauce is a must-have pantry item for those who love Chinese food. Made of fresh cut red chili, fresh cut chili padi, onions, garlic, dried shrimps, Chinese ham, sundried scallops, sugar, chili oil, and curry powder, X.O. sauce can be used as a condiment or as a cooking ingredient to add a punch of umami to vegetables, noodles, stir fries, fried rice, and meat. Crystal Dragon in City of Dreams Manila is now offering their very own X.O. sauce in two sizes: 220 grams for P1,860 and 160 grams for P1,417.15. Their sauce is made fresh in-house, so be sure to order in advance, especially for orders of ten or more bottles.

THE CRYSTAL DRAGON IS LOCATED AT CITY OF DREAMS MANILA



The Wholesome Alternative at Kitchen 1B

Food doesn't just fill, it also heals. After conquering cancer, chef and restaurateur Marivic Diaz-Lim had a big change of perspective about the food we eat. "Surviving cancer gave me a deeper appreciation for food and allowed me to discover its amazing healing properties," she shared. Her latest restaurant Kitchen 1B represents her food philosophy churning out dishes that are not only delicious but also healthy. Using power ingredients and preparing them with healthier cooking methods, Kitchen 1B is dedicated to providing its customers with "wholesome" dishes and also promoting one's well-being through food.

G/F KL TOWER, GAMBOA STREET, LEGAZPI VILLAGE, MAKATI. FOR RESERVATIONS, CALL (02) 403-4505



A New Hottie In Town

In celebration of its 40th year anniversary, **Shakey's** is introducing new items to their menu, including a premium new pizza that promises to set tastebuds on fire. Shakey's Firehouse Pizza is topped with a medley of spicy sausages and pepperoni over a generous serving of gooey cheese with onions, basil, and chili flakes. Head on over to your favorite Shakey's branch to celebrate the holidays with the hottest dish in town!

AVAILABLE IN ALL SHAKEY'S BRANCHES NATIONWIDE





alist



Celebrate White

White is most definitely in! And to further cement the fact, there is a new and pleasurable type of white in town. One that is most indulgent and mouth-watering—the indulgent **Magnum White Chocolate Almond**.

Finally in the Philippines, Magnum introduces its latest and finest Belgian chocolate creation that's made of rich vanilla ice cream covered in thick cracking white chocolate and almond pieces. Magnum, once again, elevates its Belgian chocolate credentials with an entirely different chocolate flavor that's in a league of its own.

Magnum heralds the arrival of the country's first white Belgian chocolate ice cream through the biggest white takeover the metro has seen. Known to host the hottest events, Magnum kicked off the celebrations with a White Party attended by the country's top celebrities and influencers.

Hosted by Magnum's resident ambassadors Raymond Gutierrez and Georgina Wilson, the launch was made more exciting with the presence of Magnum's new faces Sarah Lahbati, BJ Pascual, and Kelsey Merritt.



Sofitel And The German Club Celebrate Oktoberfest

Sofitel Philippine Plaza's Harbor Garden tent was recently transformed into a traditional German *biertgarten* (beer garden) when it hosted a two-night event last October. The annual festival featured a live band from Munich called the Bavarian Sound Express, overflowing beer and an extensive Bavarian buffet brimming with a wide array of German sausages including *obatzda*, *bratwurst*, and *weisswurst*. Guests also feasted on *goulashsuppe*, pork schnitzel and *apfelstudel*.

This year's German beer festival commenced with a ceremonial tapping of the first keg by Honorable Pasay City Mayor Antonio Calixto, German Ambassador Thomas Ossowski, German Club Manila President Claus Sudhoff and Sofitel Philippine Plaza Manila's General Manager Adam Laker. "The much awaited event continues to promote camaraderie in the international community. Our friends can expect more excitement and entertainment in the next Oktoberfest," shared Laker.



Potluck Platter:
Callos Madrileña

Chef Waya with
guests Chef Jam
Melchor and
Tonipet Gaba



A Gathering of Gourmets

An intimate lunch was given recently for media friends by Chef Waya Araos Wijangco to announce her new menu and holiday offerings at Gourmet Gypsy.

Gourmet Gypsy is a new restaurant in Quezon City serving a wide range of international specialty cuisines, from Mediterranean and Middle Eastern to Asian and Filipino dishes.

Some of Chef Waya's guests included editors Marilen Fontanilla, Nana Ozaeta, Joseph Garcia, and Francine Medina, power PR couple Adolf and Alu Aran, chef and Philippine cuisine advocate Chef Jam Melchor, educator Nash Tysmans and TV host and foodie Tonipet Gaba.

The guests enjoyed ala carte dishes like the Parrot Fish Chermoula and the Five Spice Pork Belly, as well as some of her Potluck Platters, including Spanish favorites like Paella Valenciana, Lengua Financiera and Callos Madrileña.

Gourmet Gypsy is a result of Chef Waya's training and exposure from her travels all over the world. It was also inspired by the Open Hand School for Applied Arts, which prepares young adults with special needs for employment and entrepreneurship. Chef Waya founded the school and eventually turned her restaurant to serve as a transitioning laboratory for the school's new graduates, where some of their restaurant staff who have special needs now work in the kitchen, dining room, bakery and office.

Kapihan, Kaibigan, at Kwentuhan with KKK Coffee



There's a revolution brewing in the Philippines. Shoe designer turned coffee entrepreneur Brian Tenorio and business partner Jamir Ocampo aim to promote Philippine coffee and its rich heritage which has resulted to an exciting new brew venture: **KKK Coffee**. It's not just about drinking the perfect cup of coffee made from locally-sourced beans but also the advocacy of promoting original Filipino brew—from its native origins, the brewing method and the recipes, just how our grandparents used to prepare it. Their menu includes a line of coffee originals as well as cold drinks and teas made from indigenous ingredients. KKK Coffee kiosks have already sprouted all over the country but also watch out for their pop-ups.

FOR MORE INFORMATION ABOUT KKK COFFEE AND ITS ADVOCACY, VISIT WWW.KKKCOFFEE.COM.



The Pen's Holiday Ambassador

Every year select Peninsula Hotels participate in a worldwide charity program called "Trees of Hope." **The Peninsula Manila** joins in by introducing its newest and cutest holiday ambassador exclusively designed by luxury toy brand, Papinee. This year's SnowPage plush toy is inspired by the country's indigenous patterns and the iconic Sunburst sculpture The Lobby at the Pen is known for. For P4,000 nett, The plush toy comes in specialized gift boxes which also contains "Golden Tickets" that can win prizes for the entire family. Proceeds will benefit Make-A-Wish® Foundation Philippines which grants the wishes of children with life-threatening illnesses.

TO ORDER SNOWPAGE PLUSH TOY, CALL THE PENINSULA MANILA AT (02) 887-2888. FOR MORE INFORMATION VISIT WWW.PENINSULA.COM

recipe box

Salads and Appetizers

Chicken Salad with Walnuts and Grapes	44
Fish Salad	18
Ham and Queso De Bola Popovers	32

Poultry

Chicken Adobo Kebabs	51
Chicken and Pork Pochero	48
Chicken Ham	47
Chicken in Liver Sauce	22
Pipian	26

Seafood

Camaron Rebosado	31
Inihaw na Pla-Pla sa Gata	27

Pork and Beef

Adobong Baka sa Gata	29
Adobong Puti sa Halaan	38
Binagoongan Lechon Kawali	30
Cocido	20
Ginisang Gabi at Baboy	28
Lechon Kawali Kebabs	31

Sauces, Dips, and Dressings

Bagoong-Calamansi Dip	51
Binagoongan Sauce	30
Eggplant Sauce	21
Queso de Bola Parmesan Spread	33

Vegetables

Laing con Camaron	31
Pinakbet Kebabs	51

Drinks

Apple Cinnamon Ginger Tea	39
Ginger Lemongrass Iced Tea	29

Desserts

Bibingka Ensaymada	54
Buko Lychee Delight	24
Calamansi con Leche Cupcake	36
Mango Canonigo	52
Ensaymada Especial	78
Inutak	34
Meringue Croquebouché	55
Pullman Bread	77
Superfood Trifle	45
Ube Filled Mochi Balls	43
Ube Halaya	43
Ube Pianono	37



i have an appetite

Turning Point

As told to **Nina Daza-Puyat**
Family photos courtesy of **Representative Leni Robredo**

Leni Robredo wears many hats. She was a lawyer early on in her career while being wife to former mayor of Naga and Local Interior Secretary Jesse Robredo and mother hen to their constituents. After she was widowed, she was thrust into politics as an elected congresswoman of Camarines Sur. Now she finds herself running for the second highest position in the land, campaigning on a national scale with a punishing schedule. Thoughm At the end of the day though, Leni is still a mother to her three beautiful daughters Aika, Tricia, and Jillian. *Appetite* asks Camarines Sur Representative Leni Robredo a few questions about their food traditions.

DO YOU ENJOY COOKING AND/OR BAKING? Yes, I enjoy cooking! But with my recent schedule, I have no time for it anymore. I don't know how to bake though.

WHO TAUGHT YOU HOW TO COOK? I taught myself how to cook, especially the dishes that Jesse and my daughters like. I also like to read cook books and experiment with new dishes.

ASIDE FROM THE MAIN DISHES, WHAT ARE THE MUST-HAVES ON YOUR TABLE? Bananas for dessert.

WHAT IS YOUR COMFORT FOOD? Bicolano dishes are my comfort food—Bicol express, *gulay na laing* and *gulay na santol*.

WHAT IS YOUR FAVORITE JUNK FOOD? Chips.

WHAT WAS YOUR LATE HUSBAND JESSE'S FAVORITE DISH THAT YOU STILL COOK TODAY? He loved steak.

WHEN IN MANILA, WHERE WOULD YOU OR YOUR DAUGHTERS GO TO CELEBRATE A SPECIAL OCCASION? There's no specific restaurant. We usually try out new places based on feedback online and recommendation by friends and family.

DO YOU AND YOUR DAUGHTERS HAVE A HOLIDAY FOOD TRADITION THAT YOU CELEBRATE AS A FAMILY?

All our family gatherings are centered on food.

ON VERY BUSY DAYS, WHAT KIND OF ON-THE-GO SNACKS DO YOU RELY ON TO KEEP YOUR ENERGY UP? *Chocnut!*

FAVORITE ICE CREAM FLAVOR? Salted Caramel.

COMPLETE THE SENTENCE: I HAVE AN APPETITE FOR... Chocolates and *chocnut!* 🍪





*"It's everything I ever wanted
for my home entertainment.
It's just absolutely amazing!"*

– Sam Milby

APTUS

Expand your world. Innovate.



84" 4K ULTRA HD SMART LED TV

4K UHD

120Hz
VIVID MOTION

WIFI

MHL

ANDROID
Operating
System

USB PLAY

HDMI x3

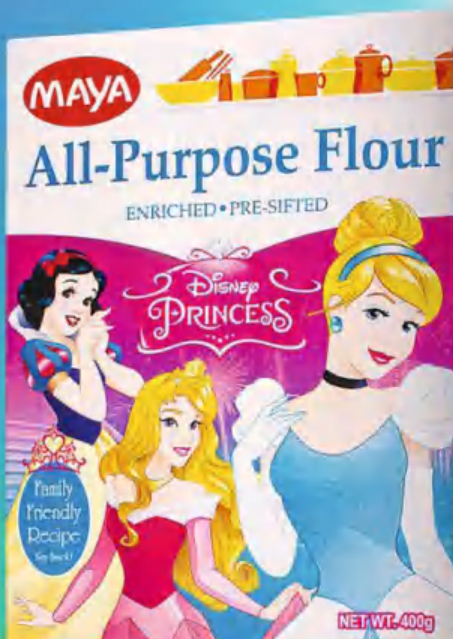
Available at all HMR Trading Haus and leading appliance stores nationwide.

f MyAptus

(02) 548-6999



**We're New Gen Bakers.
We bake magic together!**



Make bake time play time!

Be a New Gen Baker and bring the fun and learning into the kitchen. Teach your kids measuring. Develop their coordination and motor skills. Build their confidence in getting tasks done. Show them that bigger things can be achieved when you work together and help each other. Have the funnest, noisiest, messiest, most magical time of your lives with the new Maya All-Purpose Flour. Now transformed by Disney. See what fun learning experiences await you at

www.newgenbaker.com

